# 28 POWERFUL REIKI ATTUNEMENTS

# CHRIS COMISH

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www.cityofshamballa.net

This book contains 28 Powerful Reiki Attunements and healing sessions prepared for you. All attunements and healing sessions are ready to receive by any reader of this book world-wide. Attunements and healing sessions include a Usui Reiki Healing Session, Usui Reiki Attunements, New Usui Reiki Attunements, a Full Spectrum Healing Attunement, a Lavender Flame Reiki Attunement, a Silver Violet Flame Reiki Attunement, a Karuna Ki Reiki Attunement, Kundalini Reiki Attunements, an Imara Reiki Attunement, a Green Tara Seichim Reiki Attunement, a Golden Ray Empowerment, Gold Reiki Attunements, an Essene Healing Session and Activation, an Alpha Omega Healing Session, an Alpha Omega Healer Activation, an Axiatonal Lines Connection, an Orb of Life Attunement, a Medicine Buddha Reiki Attunement, a Higher Self Joy/Bliss Connection, Planetary Ray Attunements, and Cosmic Ray Attunements. This book also contains instructions for How to Attune Others, Usui Reiki symbols, Prayers and Meditations, and an Invocation for the Archangels. The purpose of this book is to attune a mass audience to Reiki energies to lift up the world in Love and Light. This book can be seen as an activation call for Lightworkers to wake up, to empower the reader to access Divine energies to assist with the healing of others, situations, and the Earth. To utilize the type of Reiki or other energy system in the book

in your healing practices, simply express your intent and then say "(name of system) on!"

## Reviews

"Chris is an amazing person with a strong will and unlimited talent. He can do anything that he puts his mind to."

-Neal Parks, founder, Parks Paranormal Research and Investigation, host of the show *Paranormally Speaking*

"I have no reservations in highly recommending this groundbreaking work from a spiritual pioneer who has made it his life's mission to bring the Light to all mankind."

-Mary Keating, Reiki master, owner and founder of Ai Kansha cat sanctuary

"Chris is an amazing man and a gifted healer. He is an author of many books on the subject of healing and has changed the lives of many people, including my life."

-George Plachy, Reiki master and teacher

"Chris Comish is an exceptional trans-channel of Reiki energies and a true blessing in the spiritual/energetic healing modalities world. I'm honored to know him and have been a recipient of his healing work."

-Blane Hoffman, Reiki master, tattoo artist, owner, operator, Barking Dog Tattooz

## Testimonials

The following are testimonials from others about the attunements and empowerments I have prepared:

"I would like to say that you have a wonderful gift, and to thank you from the bottom of my heart for the work that you are doing. The world needs more people who care deeply and love unconditionally as you have shown us all that you do."

-Jenne, U.S.A.

"Thank you Chris! I felt a cool tingling sensation down my right arm and was very peaceful."

-Ana, New Jersey, U.S.A.

"Chris, I called in the healing last night. I felt a lot of pressure in my head and briefly in my heart. I felt quite refreshed, yet relaxed, afterwards and slept very well last night. Thank you!"

-Elizabeth, Rhode Island, U.S.A.

"Thanks Chris....I felt much pressure in my crown chakra for a few minutes.....then I was peaceful."

-Silvia, Mexico

"Dear Chris, I feel warmth in my hands, and feel very relaxed. Then I go to a deep sleep. Thanks."

-Vasu, India

"Chris, It was excellent. Thank you and many laughs and hugs."

-Leslie, Nevada, U.S.A.

"I went to lie down and I immediately felt a very tight bond feeling around my head, and in my head, a full feeling, and a very pulling stinging 3rd eye... that kept on going on, still does... I didn't see so much this time but I was surprised the energy was so strong, swirling around me. One moment I felt like I was blown up like a balloon and drifting off. Further my pulses were hurting a bit inside, a (slight, very bearable) pain pulling up my arms and my heart had a full (strange) feeling too (this heart feeling was in the beginning), can't describe it..."

-Maria, The Netherlands

"Dear Chris, Thank you for the lovely attunement! I had waves of energy surging upwards from my feet up my legs then all over. I love that you have offered this. Thank you, thank you, thank you."

-Elizabeth, Rhode Island, U.S.A.

"Hi Chris, Thank you for the healing. I was resting in bed when I called in the healing. At first I felt energy in my crown and then I didn't feel anything, but I know that when the energy bodies are being worked on we often don't feel anything. But at one point I felt to put my hand on my heart center and it became hot and tingly. Then awhile later I felt energy in my fingers of my left hand and the energy began to slowly move up my arm to my elbow. Very cool. Thank you!"

-Mary, New Mexico, U.S.A.

"Dear Chris, Thank you for the Gold Reiki Level 3 attunement. I had taken it on 2nd Apr in the evening. I felt a little sensation/vibration in my hands and forehead. But a few minutes after finishing, I felt something (like wind sensation) is entering into my crown chakra. Thanks Again."

-Vasu, India

"I took level 3 on Saturday. I felt relaxed and happy. Thank you very much."

-Alberto, Spain

"Thank you for the second Gold Reiki attunement, Chris! I felt a warm sensation in my chest this time, and tingling in my hands. It felt like a very gentle energy, and it felt wonderful. Looking forward to the next attunement ;)"

-Matts, Sweden

"Hi Chris!! Thank you for this empowerment. I felt much heat in my hands and feet. Was very beautiful."

-Begoña, Spain

"Thank you, Chris! I just love the energies, they are always so powerful. I called in the empowerment and I felt a lot of energy in my 3rd eye first, from there it went into my head and ran down my neck and spine, oh yes, and I didn't really feel my hands any more, they felt like energy-balls (or something like that:)) wow... wonderful energy...thank you very much...really loved it."

-Maria, The Netherlands

"Dear Chris: I feel this energy softly and gentle. Thanks a lot."

-Claudio Mora, Peru

"Dear Chris, Thank you for the attunement. I called it in last night and felt a lot of swirling sensations throughout and a lot of pressure in my forehead."

-Elizabeth, Rhode Island, U.S.A.

"Dear Chris, Yesterday night I took the level 2 Kundalini Reiki. It felt stronger than the first one. Thank you."

-Alberto, Spain

"Dear Chris, I have taken Kundalini Reiki Level 2 yesterday at 9 p.m. I feel some vibration in my forehead, third-eye and hands. Thanks again."

-Vasu, India

"Dear Chris, I have just called in my Orb of Life Attunement. God Bless You for being such a giving Person. Love & Light"

-Bimashakti, Indonesia

"Just called in and received the Medicine Buddha Reiki attunement! What a blessing! Thank you so much. I was in a very deep meditation (with all the life going on normally here in the neighborhood! I was safely and firmly held in a LOVE bubble for an entire hour."

-Riitta, California, U.S.A.

"Alpha Omega Healing Session was an amazing experience. After only one session I felt different, I felt very calm, I can feel so much peace and love now. It is also helping me greatly with my (what used to be chronic) neck and back pain. Thank you Chris!"

- George, Ohio, USA

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## A Prayer to the Creator

Oh Lord, make me an instrument of thy peace.
Where there is discord, let me sow union,
Where there is hatred, love,
Where there is despair, hope,
Where there is darkness, light,
Where there is doubt, faith,
Where there is sadness, joy.
Lord, let me seek not to be understood,
But to understand,

Not to be loved, but to love,

For it is in consoling that we are consoled.

It is in pardoning that we are pardoned.

It is in giving, that we receive, and

It is in dying, that we rise to eternal life

with thee.

- St. Francis of Assisi

## Acknowledgments

Thank you to my spiritual mentors, Stephen Lovering, Tami MacDowell, Steve Murray, Kathy McConnell, Ole Gabrielsen, Dr. Joshua David Stone, and Dr. John F. Gilbert, for their Love and Light. Each is a gifted soul dedicated to anchoring higher frequencies here on Earth.

To my wife Diana, for saving my life.

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The Mahatma and the Cosmic Council of Twelve for your eternal love and eternal spirit.

Lord Melchizedek, for your infinite wisdom and guidance bringing forth the wisdom of the ages.

Our Planetary Logoi, Lord Sanat Kumara and Lord Buddha, for all the guidance you provide and your assistance helping me fulfill my life's mission.

Our Planetary Christ, Lord Maitreya, for providing me the courage and strength to write this.

Sai Baba, for teaching me that hands that help are holier than lips that pray.

Ascended Masters Saint Germain, Djwhal Khul, Kuthumi, El Morya, Sananda, and Serapis Bey, whom I am honored to call my spiritual teachers, friends, and brothers in the Light. Their continued support, guidance, and teachings have been the true source of inspiration for this book.

Thank you to all the Lightworkers world-wide for all that you do.

## Dedication

This book is dedicated to my family, all of the Ascended Masters and Archangels, and to God, the Love and Source of the Universe.

## Foreword

Namasté, Greetings, Bless you all.

Between 2001 and 2005, I had many close calls with death. Multiple car accidents resulting from aggressive behavior sent me on a path to discover there was a greater purpose in life, than the path that I was living. In the summer of 2006, I was urged on by someone to receive a Reiki Massage. I did not know what Reiki was at the time, but was willing to learn. It was overwhelming for me to comprehend that a person could send healing energies from their fingertips, and that it could be received by another person. This led me to believe there was a greater purpose for my life, but also for humanity in general. There was a spiritual part of ourselves that was long forgotten but could be awakened, to bring our Earth and humanity into balance with the heavenly realms of the spirit world, and to make this world a better place to live.

I was hooked on the energies, and spent the years 2007-2009 learning all that I could about Reiki. When I realized that Reiki could also heal situations, I sent healing energies distantly to people and situations in the news. I joined the distant healing network as a volunteer, and began sending healing energies to provide pain relief for people with cancer, with head concussions, in comas, and many other situations. In 2009, I decided that I wanted to share these blessings with others, so that many more could go out, and bring the energies sourced from our Creator, and use them to heal the world.

This book concept came into manifestation after finally discovering my true purpose in life. My true purpose is the driving force behind this book. I was instructed by God during an attunement to the Godhead to "go forth in unconditional love." It is an easy thing to say, but a hard thing to do. It is non-judgmental, overcoming the ego, and being willing to serve humanity for love

and love only. I find myself recently praying for the natural disaster conditions to improve, for the homeless, the poor, the sick, and the injured.

As a Reiki Master, I can attune others to the Reiki energies, which are a blessing from the Holy Spirit. Please read the Book of Acts in the Bible, for the mention of laying on hands healing, which I believe is Reiki healing. Also mentioned is baptism by the Holy Spirit, which I believe is a Reiki attunement- since the attunement reinforces one's connection to the Divine energies for healing abilities, increases compassion, and accelerates spiritual advancement. It turns out we call it Reiki energy currently, but it is believed to be the same energy given by the Divine through Jesus and Buddha, through the care of the Essenes and Buddhist Monks, to us in this modern time. This is all in preparation for the return of our physical bodies, the Earth and the dead, to become one with the eternal Divine for time everlasting.

All of my thanks for all these blessings are to the all-mighty, all-loving Divine. Healing people in need is something that fulfills my soul's purpose for incarnating at this time. It is my belief that we walk this Earth plane to spread Divine love to others- we all are here to help, give, and love others unconditionally. We are here to forgive others and bless others. Those who do these things are acting as a reflection of God, and therefore achieve Ascension, and flood the Earth plane with the Light of God.

Many blessings to all of you,

Chris Comish

## Introduction

This book contains 28 Powerful Reiki Attunements and healing sessions prepared for you. All attunements and healing sessions are ready to receive by any reader of this book world-wide.

Attunements and healing sessions in this book include a Usui Reiki Healing Session, Usui Reiki Attunements, New Usui Reiki Attunements, a Full Spectrum Healing Attunement, a Lavender Flame Reiki Attunement, a Silver Violet Flame Reiki Attunement, a Karuna Ki Reiki Attunement, Kundalini Reiki Attunements, an Imara Reiki Attunement, a Green Tara Seichim Reiki Attunement, a Golden Ray Empowerment, Gold Reiki Attunements, an Essene Healing Session and Activation, an Alpha Omega Healing Session, an Alpha Omega Healer Activation, an Axiatonal Lines Connection, an Orb of Life Attunement, a Medicine Buddha Reiki Attunement, a Higher Self Joy/ Bliss Connection, Planetary Ray Attunements, and Cosmic Ray Attunements.

This book also contains instructions for How to Attune Others, information on Usui Reiki symbols, Prayers and Meditations, and an Invocation for the

Archangels.

The purpose of this book is to attune a mass audience to Reiki energies to lift up the world in Love and Light. This book can be seen as an activation call for Lightworkers to wake up, to empower the reader to access Divine energies to assist with the healing of others, situations, and the Earth.

To utilize the type of Reiki or other energy system in the book in your healing practices, simply express your intent and then say "(name of system) on!"

Contained inside are attunements and empowerments to many different forms of Reiki and other energy modalities. Multiple people have been attuned world-wide to the energies via this book, and it is highly successful if you do strongly intend to receive them in a relaxed state. I have personally prepared the attunements, and sent them via a chi ball to you, the reader of this book. Each attunement or empowerment was prepared, with the intent that each is perfectly and powerfully received, when each reader/recipient asks to receive. The book serves as an embedding mechanism for delivery of the attunements. Although there is a description of the modalities, and some other information, the true purpose of this book is to deliver the prepared energies to you. Use this book as a bridge to the New Age, to assist all of humanity to awakening their Divinity within, and healing the separation between Heaven and Earth.

First, read the background information for the modalities, then when you are ready, begin receiving the attunements or empowerments one at a time, starting with Usui Reiki. The order of the attunements/empowerments in the book, is the order that I have found to be the best vibrationally. The modalities are ordered from lower vibration to higher vibration, to facilitate reception of the energies.

Second, it is important for you, the reader, to be prepared when you receive the attunements/empowerments. It is best to receive, at most, one attunement per day, to assist with the integration of the energies. To receive, either sit or lie down in a place you will not be disturbed. Turn off your phone. Get in a restful, meditative state, focusing on your breath. This shuts off your mind, and the stress from the day. At this point, you are ready to receive the energies. Strongly desire to receive the attunement or empowerment you have chosen, by saying the words to receive three times. Intend and express your will to receive the energies. This will help with the delivery of the energies.

Third, relax and receive. Don't guide the energies while you receive them, let them guide you. Relax, accept the process as perfect, and accept the energies, and feel the energy flow, from your crown, to many different parts of your body. Feel the energy over-light you. The process typically takes about 30 minutes. When you feel the energies have finished, give thanks to the Divine. Rest and drink water following each attunement or empowerment. Then, follow the guidance for the next modality as stated in the background

information for the modalities, and then take the next attunement or empowerment, on the next day, or in a few days, or a week, however it is stated in the introduction to the energies, on how you should receive them.

Also, although the majority of people feel the energies powerfully, some may have an experience where the energies are subtle, or may not feel the energies at all. This depends on how clear each individual is, and how relaxed an individual is, when they request to receive the energies. Do not worry, the energies are perfectly received when you ask for them, even if you do not always feel them at first. They continue working on you while you sleep, and over time, clearing you, healing you, and attuning you, to assist you in your path of becoming a healer. Feel free to practice giving yourself a self-healing after each attunement or empowerment, this will strengthen the flow of energy to heal yourself and others. Place your hands on yourself and say "(Name of system) Reiki on!" Wait and then the energies will begin to flow through you.

Finally, thank you so much for your interest in this material. Getting it ready was a privilege and a joy. I hope you have a wonderful time working with it.

## I. Introduction to energy systems

This book contains embedded energies and is meant to be read only by those who are serious about receiving the energies, embarking on the path of Ascension, and using healing energies and Divine protection in their service work. If you are not serious about receiving the energetic connections, then stop reading now. If you accidentally call in the wrong attunement, or do not wish to receive the attunement, after reading the words to receive, then say "No, stop not yet" and the delivery will stop. This book, like my other recent books, adheres to the law of free will, respecting your free will, and that of others. The attunements will not be received, if you do not wish to receive them.

This chapter provides a brief introduction to various energy systems included in this book. The following attunements are to be taken in the order they are presented in this book. The purpose of this book is to attune a mass audience to Reiki energies to lift up the world in Love and Light. This book can be seen as an activation call for Lightworkers to wake up, to empower the reader to access Divine energies to assist with the healing of others, situations, and the Earth. To utilize the type of Reiki or other energy system in the book in your healing practices, simply express your intent and then say "(name of system) on!" For example, "I intend to heal this person or situation or the Earth for the highest and greatest good…Usui Reiki on!" Then let the energy flow from your hands, as it heals others, situations, or the Earth.

## 1. Usui Reiki Healing Session (Attunement/Healing # 1)

I have prepared a Usui Reiki Healing Session for you to receive. This will get you used to Reiki energies prior to receiving a Usui Reiki Attunement.

The healing session can be received by reading the words to receive in the next chapter.

For more information visit

https://www.cityofshamballa.net/event/usui-reiki-healing

## 2. Usui Reiki (2-4)

First take Level One, then Level Two, then Master Level. The Usui Reiki attunements introduce to you the ability to use 4 symbols. Dai Ko Myo (Master symbol), Hon Sha Ze Sho Nen (distance symbol), Sei He Ki (mental and emotional healing symbol), and Cho Ku Rei (power and protection symbol). Search the internet to learn how to draw them, and about their meanings, then activate, and apply them in your daily life, as you are guided to do so. See the Reiki symbols chapter for pictures of the symbols.

Lineage:

Mikao Usui, Dr. Chujiro Hayashi, Mrs. Hawayo Takata, Phyllis Lei Furumoto, Claudia Hoffman, Mary Shaw, Christine Henderson, Bruce Way, Neal Lyster, John Pickering, Martin Lee, Gary Steadman, Stephen Lovering, Chris Comish, You

For more information about Usui Reiki visit

https://www.cityofshamballa.net/event/usui-reiki

## 3. New Usui Reiki (5-7)

Please take Usui Reiki Attunements before receiving these attunements.

Note: For the most upgraded version of this system please support the Founder Ole Gabrielsen and visit https://store.olegabrielsen.com

Reiki is a simple form of energy healing that oftentimes can seem confusing because there are so many forms of it, so many symbols to learn, so many

different trains of thought and ideas! One can easily become confused as to what is what when it comes to choosing which type of Reiki to learn. With New Usui Reiki, these attunements will connect you to pure and simple Usui Reiki energy. It is not better or stronger than other modalities, but rather a simpler viewpoint than some. It was channeled from Ole Gabrielsen via Dr. Mikao Usui, and is thought to be the simplest of the Usui Reiki modalities yet. It does not have any symbols or long attunement processes, rather it relies on the fact that Reiki is "smart energy" and will do what is needed whether we guide it or not.

There are three levels, and one attunement for each level. Level three is the master attunement level. Please keep at least three days interval between each level.

These attunements are for someone that is looking to start on their path with Reiki, or those that are already Reiki practitioners. It gives a simple way to connect, send, and share with others.

Lineage:

Ole Gabrielsen- Jean Myrner- Prianggito Sulistiono- Syed Osama Rizvi- Chris Comish- You

For more information about New Usui Reiki visit

https://www.cityofshamballa.net/event/new-usui-reiki-level-123

## 4. Full Spectrum Healing (8)

Please take Usui Reiki Attunements before receiving this attunement.

Note: For the most upgraded version of this system please support the Founder Ole Gabrielsen and visit https://store.olegabrielsen.com

Consists of all frequencies and is therefore able to heal on all levels. Reiki will ‘only’ reach the green spectrum (Green Ray). Imagine a rainbow. The Green area is Reiki, and the whole rainbow is Full Spectrum Healing. Therefore, because FSH reaches more levels, it is reported that Full Spectrum Healing will have a much higher success rate than traditional Usui Reiki!

Full Spectrum Healing will also raise your energy levels in your body and is a powerful energy for self-healing.

Full Spectrum Healing is administered through the recipient's palms and sometimes also through the recipient's crown. A Full Spectrum Healing session normally will be shorter than a regular Reiki session, lasting only

approximately fifteen minutes or so.

We all save and store emotions, especially negative ones in our energy system. These emotions block our growth and development. Full Spectrum Healing is a great energy for clearing emotional blocks.

Lineage: Ole Gabrielsen- Stephen Lovering- Chris Comish- You

For more information about Full Spectrum Healing visit

https://www.cityofshamballa.net/event/full-spectrum-healing

## 5. Lavender Flame Reiki (9)

Please take Usui Reiki Attunements before receiving this attunement.

Lavender Flame energy was channeled to the American Energy Master Suraya by Quan Yin in 2001.

Through the use of the mantra "Namo Quan Shi Yin Pu' Sa," Quan Yin can be called in very strongly to a healing session, where the Lavender Flame energy is being used. The Lavender Flame has the characteristic of transmuting negative and unwanted energy very fast, and for bringing purification to a person. It has the initial feeling of being a gentle and nurturing energy, but in reality, it is very strong and does its work very effectively. It has a link energetically to the Violet Fire energy, and works through the energy structures in our chakras. People with good self-awareness can work with this energy effectively, to break the karmic behavioral patterns they are holding that are not of love, by working with the Lotus Jewel of Karmic Release in their heart chakras. People with good psychic ability can work with this energy, to connect with the Higher Beings, and to develop their third eye capabilities.

Quan Yin is assisted with this energy by Isariel and Suriel from the Angelic realms and the angels may be called in to participate in the healing sessions.

Lineage: Andrea "Suraya" Meyers- Aroon Kumar- Ole Gabrielsen- Stephen Lovering- Chris Comish- You

For more information about Lavender Flame Reiki visit

https://www.cityofshamballa.net/event/lavender-flame-reiki

## 6. Silver Violet Flame Reiki (10)

Please take Usui Reiki Attunements before receiving this attunement.

This energy is also known as the Healing Energy of St. Germain and the Angels of the Violet Fire. There are seven primary energies leading to the Creation of our solar system, the seventh being the energy which allows the Divine Spirit to descend into physical matter. The Violet Flame is a sub-energy of the seventh energy, and is a Fire element based energy. St. Germain is the Ascended Master who is custodian of this energy, and he and the Angels of the Violet Fire, may be called upon to assist in a healing situation. It is a very good energy for students to use on themselves, to clear their energy fields. It is also a wonderful tool for clearing all negativity.

Lineage: Claire Timmis- Stephen Lovering- Chris Comish- You

For more information about Silver Violet Flame Reiki visit

https://www.cityofshamballa.net/event/silver-violet-flame-reiki

## 7. Karuna Ki Reiki (11)

Karuna Ki and Karuna Ki Do are in no way affiliated with Karuna Reiki®, the International Center for Reiki Studies® or William Rand. Karuna Ki and Karuna Ki Do are in no way affiliated with Tera Mai-Reiki®, or Kathleen Milner.

Please take Usui Reiki Attunements before receiving this attunement.

Karuna Ki Reiki is an advanced healing energy system that takes the Usui system to another level. It is available only to those who have attained Usui Reiki Master Level.

Karuna Ki is wonderful at strengthening one's ability to heal on all levels, physical, emotional and spiritual. Karuna is a Sanskrit word that means "compassion in action."

The word Karuna is used in Hinduism and Buddhism. Karuna is the motivating quality of all enlightened beings, who are working to end suffering on Earth. It is understood that Karuna is not only extended to others out of love, but also because it is an entirely logical thing to do. In the same way that you would want to heal your own wounds, you would also want the wounds of others to heal. It is stated in Buddhist literature that Karuna must be accompanied by "prajna", or wisdom to have the right effect.

Lineage:

Vincent Amador- Sandra & Jorge Ramos- Alison Dahlhaus- Claire Timmis- Stephen Lovering- Kathy McConnell- Chris Comish- You

For more information about Karuna Ki Reiki visit https://www.cityofshamballa.net/event/karuna-ki

## 8. Kundalini Reiki (12-14)

Please take Usui Reiki Attunements before receiving these attunements.

Note: For the most upgraded version of this system please support the Founder Ole Gabrielsen and visit https://store.olegabrielsen.com

Please take Kundalini Reiki 2 two days after Kundalini Reiki 1. Please take Kundalini Reiki 3 seven days after Kundalini Reiki 2.

If you wish to learn Kundalini Reiki, you must begin with Kundalini Reiki Level 1, even if you are a Master in another Reiki modality or form of Reiki.

Kundalini Reiki is an amazing healing technique that is simple to use. You will receive 3 distant attunements, which open and strengthen the energy channels in your body. This enables Reiki energy to flow through your body, and release any energy blockages.

Kundalini awakening starts at the Base or Root Chakra, which is the entrance for the Kundalini Energy. After entering the body, the energy runs up through the main energy channel, and exits through the Crown Chakra. When your Kundalini is opened, a complete cleansing of the chakras and energy channels will occur over a certain period of time. The time needed depends on each person.

Kundalini Reiki is similar to the traditional systems of Reiki, but once your Kundalini has been awakened in this safe manner, your Reiki Healing abilities will be much improved.

Lineage:

Ole Gabrielsen- Stephen Lovering- Chris Comish- You

For more information about Kundalini Reiki visit

https://www.cityofshamballa.net/event/kundalini-reiki

## 9. Imara Reiki (15)

Please take Usui Reiki Attunements before receiving this attunement.

Imara Reiki is a Reiki modality of a higher vibrational energy level than most common Reiki modalities, because of Imara Reiki's focused intentions.

In some aspects, the healing energy of Reiki can be split up into vibrational (frequency) bands. Imara Reiki is a "Level 5" on the "Reiki Scale," with Usui Reiki being levels 1-3, and Karuna being level 4.

Imara Reiki is an intense form of Reiki energy.

The energy has a slightly different feel than Usui Reiki, and Imara Reiki does NOT use or need symbols. Imara Reiki uses a new and easy attunement process.

Most users experience a Strong Spiritual Connection (with ascended beings, angels, spirits, etc.) via Imara Reiki.

Imara Reiki is known for its capability to help heal past life, individual, and group karma issues. Imara Reiki is very capable of helping to heal repressed issues (physical, emotional, and spiritual trauma).

Imara Reiki has proven itself in the area of healing issues that are not on the conscious mind, yet still affect you.

Imara Reiki uses a strongly simplified and intensified distant healing and attunement procedure.

It is very common for the giver and/or receiver to perceive information during a healing session.

This form of Reiki is a channeled form that came to Barton Wendel. Bart and his brother Geoffrey refined, and developed Imara Reiki to its current state.

The name "Imara" basically means "more" ... therefore it can be stated, "More Reiki equals Imara Reiki."

Once you are attuned to Imara Reiki, it is extremely simple to use the energy. Please do a self-healing before attuning others, to strengthen your energetic connection.

Lineage:

Barton Wendel- John Van Eekelen- Stephen Womack- Allison Dahlhaus- Dawn Rothwell- Pamela Jordan- Stephen Lovering- Chris Comish- You

For more information about Imara Reiki visit

https://www.cityofshamballa.net/event/imara-reiki

## 10. Green Tara Seichim Reiki (16)

Please take Usui Reiki Attunements before receiving this attunement.

In Tibet, Goddess Green Tara is honored as the Bodhisattva of Wisdom, and as the female patron deity, or Bodhisattva of Tibet. She is regarded as having been instrumental in the introduction of Buddhism to Tibet, and in one of her incarnations, is said to have been the wife of the early Tibetan Emperor Songtsen Gampo. Her mantra is the famous "Om Tara Tuttare Ture Soha," which may be used to call upon her for assistance. She is usually depicted with a lotus held in her left hand. Green Tara is known as the Savioress, and is said to protect human beings, as they cross the sea of existence. She has strong compassion for human beings, with a particular concern to help women. The invocation of Green Tara in Reiki work, enables Green Tara's wisdom and compassion to flow, through to all aspects of the person receiving her loving energy.

Lineage:

Stephen Comee- Dori McLean- Jarrod Hastings- Stephen Lovering- Chris Comish- You

For more information about Green Tara Seichim Reiki visit

https://www.cityofshamballa.net/event/green-tara-seichim-reiki

## 11. Golden Ray Empowerment (17)

Please take Usui Reiki Attunements before receiving this empowerment.

Note: For the most upgraded version of this system please support the Founder Ole Gabrielsen and visit https://store.olegabrielsen.com

The Golden Ray Empowerment was founded by Ole Gabrielsen.

This beautiful Empowerment from Ole includes the healing power of forgiveness. The Golden Ray Empowerment also allows you to release fears, so you can progress spiritually.

For more information about the Golden Ray Empowerment visit

https://www.cityofshamballa.net/event/golden-ray-empowerment

## 12. Gold Reiki (18-20)

Please take the Usui Reiki and Kundalini Reiki attunements before taking the Gold Reiki attunements.

Note: For the most upgraded version of this system please support the Founder Ole Gabrielsen and visit https://store.olegabrielsen.com

You should take the Kundalini Reiki attunements before you receive the Gold Reiki attunement levels.

Gold Reiki transmutes fear and darkness into light and joy! Golden Light is the strongest light of transformation in the physical universe and beyond!

There are three attunement levels for Gold Reiki.

It is recommended 5 days between attunements.

Lineage: Ole Gabrielsen- Stephen Lovering- Chris Comish- You

For more information about Gold Reiki visit

https://www.cityofshamballa.net/event/gold-reiki

## 13. Essene Healing Session and Activation (21)

In approximately 2007, I received my first Essene Healing Session. I was in Germany at the time, while my spiritual mentor Dr. John F. Gilbert was in North Carolina at the time. I was in awe of the power of the Essene Healing, and how it could be received perfectly halfway around the world. The Essene Healing Session John gave me was so strong, I could feel my chakras being heated by powerful Divine energy. The healing session was so powerful, that I had to lie down to receive it.

In 2007, I registered to become an Essene Healer under John's mentorship, but did not actively pursue further training. In 2007, I began to learn about Reiki energy, and did not pursue further Essene Healer training, or ask for further instruction from John.

In 2022, I found out that Dr. John F. Gilbert passed away, at the age of 82 in 2020. I'm sure he has moved on to the heavenly realms, as he brought much Light to the world during his time here. In order to further the impact of his good works on Earth during his time here, I have decided to provide the

Essene Healing Session to you, the reader of this book.

The healing session in this book, is an Essene Healing Session, that was prepared by me in 2013, when I first posted a YouTube Video at https://www.youtube.com/watch?v=oHnZskZSYjc

This book is an extension of the video at my YouTube channel OnenessAndLove. The original video did not include instructions, on how to activate your healing hands, following the healing session, but this book does.

The Essene Healing Hands follow the principle of the merger of Yin (Earth and Water elements), with Yang (Fire and Air elements), along with the triangle shape of the hands, when the healing centers of the hands are put together. The triangle is a symbol of the Trinity, and is an attractor symbol for Spirit. The Essene Healing Hands combine the 4 elements, with the merger of the Feminine and the Masculine (which is the Oneness of Spirit).

As with all of my other healing sessions and attunements, the healing session can be received, by any recipient in the whole world, when each recipient says the words to receive the healing session, for an unlimited amount of times. The recipient only needs to call in the healing session again, by saying the words to receive again.

This book, like my other recent books, adheres to the law of free will, respecting your free will, and that of others. The healing sessions will not be received, if you do not wish to receive them.

For more information about Essene Healing visit

https://www.cityofshamballa.net/forum/topics/essene-healing-hands

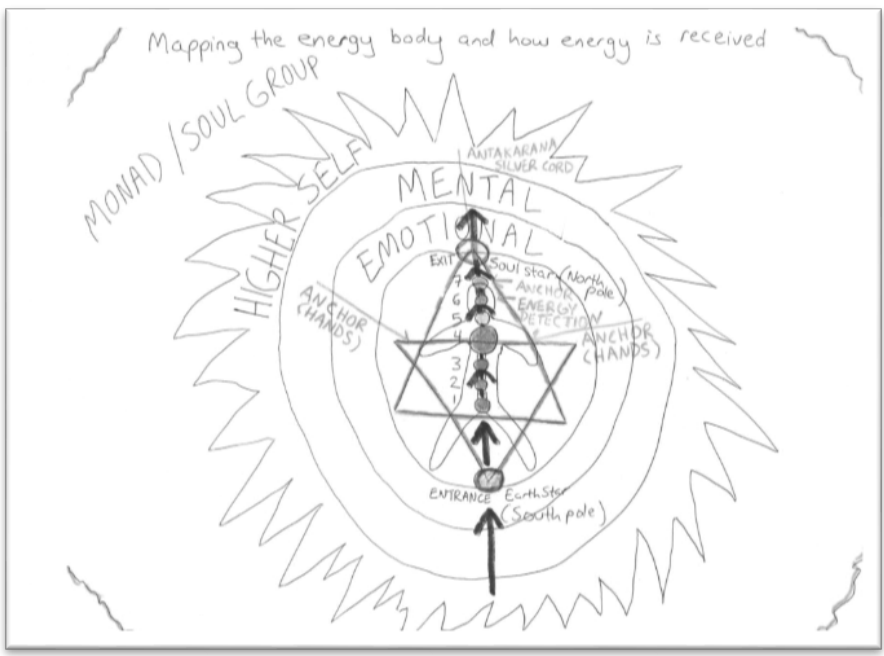
## 14. Alpha Omega Healing Session (22)

Alpha Omega Healing was originally channeled by me through a blessing of Spirit. Spirit over-lighted me one evening, and provided me the tools to assist others. It is with deepest gratitude to Spirit, for the opportunity to create this healing session, and share it with an unlimited number of people, around the world.

Alpha Omega Healing is often a life-changing experience, allowing for the healing of the body, mind, and spirit. These concretely felt energies are initiated at the start of your session, and continue working with you, long after your healing session ended. Through your participation in these sessions, you will be forever changed, operating at, and attuned to, a higher frequency than ever before.

Alpha Omega Healing can benefit everyone, whether facilitated in person one-on-one or via a distant healing. It can provide wonderful benefits for the dying, and is commonly used with animals.

Alpha Omega Healing arrives from all sides at the same time. Visualize your body inside of a sphere. The energy comes from outside of the sphere, from all directions, and enters the sphere from all directions at once. Also, visualize yourself as a set of overlapping triangles. The Star of David is an example of overlapping triangles. Visualize the Star of David, overlaid over your body. The Star of David consists of an upward pointing triangle, from above the head, to the heart, and a downward pointing triangle, from your heart, to below your feet.




Now, visualize three primary points. Visualize the three points, overlaid over your seven chakra system. The Alpha Point is over the head, then the Heart is in the center of the chest, and finally the Omega Point is below the feet. The Heart mentioned here is the Heart chakra, and is not to be confused with the heart that is a physical organ. The physical heart organ is a physical mirror of the Heart chakra. The physical heart contains electric and magnetic resonances, which are a reflection of the electric and magnetic resonances of the Heart chakra. As the physical heart pumps blood through the physical body, the spiritual Heart accepts, and receives prana/chi/life-force, from the spiritual world. The Heart chakra consists of a two-way portal. It is one of the only chakras able to transmit and receive, and it is also one of the three major points (Alpha, Omega, and Heart), that make up the Trinity of wholeness, and

balance of Spirit and Earth.

Being that we live in a physical world, Spirit mixes with Earth to achieve its results. Just as a child is born through conception, so Spirit is conceived into matter, to affect change in the matter. Spirit energy arrives from the Alpha Point, and Earth energy arrives from the Omega Point, both mixing in the Heart, to achieve the balance necessary to heal. Alpha Omega energy is multi-dimensional in nature, which is why the energies arrive from all sides at once. It is not linear, and is not restricted to one single entry and exit point. It follows its path through a mix of Spirit and Earth, and flows between the three points along spiritual nerves (Nadis and Meridians), which are the link between our physical bodies and spiritual bodies, such as the Light Body and the Astral Body.

As the energy arrives, it over-lights the spiritual bodies, and then arrives at the physical body, through the Nadis and Meridians, into the nervous system. The energy flows to remove dis-ease, and attains balance throughout the physical body. As balance is achieved, the energy is received within the heart of the recipient, charging the human heart full of life force. At the same time, the energy returns to its multi-dimensional home, through the Heart chakra, back to the spiritual bodies, such as the Astral Body and Spiritual Body, and then beyond the bodies themselves, into the oneness of the sea of All That Is.

**Receive Alpha Omega Healing instantly**

You can call in the healing multiple times, on different days, there is no limit to the number of times you can receive healing. Just say the words again. The intent is set for anyone to receive, so you can give others the words to say, and they will be healed. Any recipient in the whole world will be healed perfectly, when they say the words. That is my intention.

The healing session will last up to one hour. You may receive the healing again, following the first session. Just say the same words again, on a different day. Give the words to your friends and family. They will also receive the healing. During the session, you may have changes in breathing, and various other body reactions to the energy. Understand this is normal. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go, and heal you. Trust it. If you fall asleep during the session, do not worry. It is normal.

Alpha Omega Healing was founded by Chris Comish.

For more information visit
https://www.cityofshamballa.net/event/alpha-omega-healing

## 15. Alpha Omega Healer Activation (23)

This is a basic activation of your hands to allow you to heal yourself and others with Alpha Omega Healing energy.

First, please receive at least two Alpha Omega Healing sessions. The sessions are in Chapter 2 of this book. This will allow you to adjust to the new energies.

Then you may receive the basic activation. This will allow you to heal yourself and others. To receive the activation get in a quiet place, where you will not be disturbed for up to one hour.

Alpha Omega Healing was founded by Chris Comish.

For more information about Alpha Omega Healer Activation visit

https://www.cityofshamballa.net/event/alpha-omega-healer-activation

## 16. Axiatonal Lines Connection (24)

Please take Usui Reiki Attunements before receiving this Axiatonal Lines Connection Attunement.

This is an attunement to connect you to your axiatonal lines, enabling more of your Higher Self to flow through you, and merging the personality and Higher Self into One. This releases the veils which have prevented you from manifesting your Higher Self on Earth. The intent is that whoever reads the words, is connected to their axiatonal lines. It is recommended this be received at least twice on separate days, to strengthen the connection. You may call in the energy again, when you are ready to receive again. Please remember to drink water and rest following each attunement. There may be a temporary purging process, such as buzzing in the head, disorientation, slight dizziness, and then sudden feelings of joy, following each attunement. This is the release of veils, and the merging with your Higher Self. Understand this purging process is only temporary, and your Great Spirit will manifest more and more, bringing you great moments, and self-realization, full of joy and love.

Special thanks and inspiration: Lynn Wincott of The Universal Connection for first connecting my axiatonal lines, Stephen Lovering/Ole Gabrielsen/Steve Murray for showing me that attunements can be received perfectly, and powerfully, instantly, and world-wide, Tami MacDowell of Healings of the Heart for showing me a method for delivering attunements world-wide, Dr. J.J. Hurtak who shared The Book of Knowledge: The Keys of Enoch with the

world, and taught me about axiatonal lines, and finally all the Divine beings who support this process, who I have faith in that this is received perfectly, for the expansion of Universal Consciousness, Connection between Spirit and Earth, and the sharing of Unconditional Love with all beings on Earth.

All thanks are attributed to the Divine for this connection. Special thanks to Archangel Metatron and the Order of Melchizedek for inspiring this attunement.

God bless you. I bow to the Divine in you.

For more information about the Axiatonal Lines Connection visit

https://www.cityofshamballa.net/event/axiatonal-lines-connection

**What are Axiatonal Lines and why do they need to be connected?**

Fifth dimensional Axiatonal Lines connect into the Fourth dimensional chakra system.

In the beginning of the manifestation program of Source, we were connected completely into the Garden of Eden, the Tree of Life program.

As Light manifested into form, we were veiled from Source through our incarnated personality mind, also called the Tree of Knowledge program.

This veil of forgetfulness was to protect free will. Third density is the density of free will. Free will exists, so Source can experience knowing Himself/ Herself.

The purpose of Third density, is to choose an overall polarity in all experiences, either selfless (positive) or selfish (negative). If the overall positive polarity is chosen, the incarnated personality (in the Tree of Knowledge program), chooses to return to the wholeness of Source (The Tree of Life program).

We are all destined to return to Source, it is only a matter of time. However, the choices we make in life can either speed up (selfless positive choices), or hinder (selfish negative choices), the return to Source. This attunement helps to speed up the connection to Source, through your free will intent to reconnect with Source, enabling your Higher Self to manifest more within you.

This attunement enables the incarnated personality to release the mind, and enter the heart, through the Axiatonal Lines Connection, that connects your Higher Self to you, the incarnated personality. This rapidly shifts the etheric structure of the body, to update to crystallized structure, enabling the body to integrate more multi-dimensional Light.

This releases the veils, which have prevented you, from manifesting your Higher Self on Earth.

This enables your Higher Self to flow through you, and merging the personality, and Higher Self into One.

I've set the intention that all who ask to receive attunements from me, receive them perfectly and instantly the moment they call them in, regardless if the attunement is received in the past, present, or future, and regardless of who the recipient is, regardless of the recipient's physical location, or their time zone.

I also set the intention, that the Axiatonal Connection Attunement is received as many times as each recipient wishes to receive the Axiatonal Lines Connection.

The intent is whoever reads, or says the words, is connected to their axiatonal lines perfectly, for their highest and greatest good, as guided by their Higher Self.

It is recommended you receive the attunement at least twice. The first will connect the lines, and the second will strengthen the connection. Each time will take up to one hour, since the connection is a delicate process.

Following the connection, there may be a temporary purging process such as buzzing in the head, disorientation, slight dizziness, and then sudden feelings of joy.

This is the release of veils, and the merging with your Higher Self.

Understand this purging process is only temporary, and your Great Spirit will manifest more and more, bringing you great self-realization, full of joy and love.

This entire process is guided by your Higher Self, and the intent is that this connection is perfect for you.

As this process upgrades your etheric structure to allow for more Light, please remember to drink water and rest following the connection, in order to comfortably integrate the energies.

If you would like to receive the connection again, simply call it in again. My intention is that the connection is perfect, for your highest and greatest good, as guided by your Higher Self.

For more information visit

https://www.cityofshamballa.net/event/axiatonal-lines-connection

## 17. Orb of Life (25)

Please take Usui Reiki Attunements before receiving this attunement.

Note: For the most upgraded version of this system please support the Founder Ole Gabrielsen and visit https://store.olegabrielsen.com

**Connection to your personal Orb of Life**

The Orb of Life is a blue ball of Light that holds Life Force. It generates and sends this Life Force to you 24 hours a day, 7 days a week. Once you receive your Orb of Life, you can send others an Orb of Life. The Orb can heal your chakras. It can do what you wish it to do. If you need it, to provide life force to someone in your family who is sick far away, it can do that too.

It can pass messages to the astral realms, it can be a probe for you to gather information, and it can store attunements, store healings, store and upload/ download telepathic thoughts, and akashic records, whatever you want it to do. Be creative, there are no limits to the abilities of your Orb of Life. The Orb of Life was brought to Earth initially by Ole Gabrielsen.

Lineage: Ole Gabrielsen- Stephen Lovering- Chris Comish- You

For more information about the Orb of Life visit

https://www.cityofshamballa.net/event/orb-of-life

## 18. Medicine Buddha Reiki (26)

Please take Usui Reiki Attunements before receiving this attunement.

The Medicine Buddha is the Buddha of healing. Historically, it is believed helpful to meditate on his image, and to chant his mantra with the desire to alleviate suffering, and attain enlightenment. It is thought that Dr. Mikao Usui, the originator of Reiki in its modern form, may have meditated on the Buddhist sutra of the Healing Buddha, as part of his efforts to rediscover the original healing practices of the Buddha.

The Medicine Buddha is an enlightened being, who has unbiased compassion for all living beings. He protects living beings, from physical and mental illnesses, and other dangers and obstacles, and helps them to eradicate the three poisons- attachment, hatred, and ignorance- which are the source of all sickness and danger. He is the Buddha Doctor.

This attunement connects you to Medicine Buddha and enables you to use Medicine Buddha Reiki to heal yourself and others.

Lineage: Stephen Comee- Dori McLean- Jarrod Hastings- Stephen Lovering- Kathy McConnell- Chris Comish- You

For more information about Medicine Buddha Reiki visit https://www.cityofshamballa.net/event/medicine-buddha-reiki

## 19. Higher Self Joy Bliss Connection (27)

Higher Self Joy/Bliss Connection was founded by Chris Comish.

Background: In 2009, I experienced a great feeling of oneness and love. A feeling of joy and bliss beyond anything I have ever felt on this Earth. It was from my inner Higher Self. This blanket of love wrapped me, and I did not want to leave it. This is a "taste" of the feeling, that accompanies the physical Ascension process, movement to the heavenly realms, whatever you call it. The feeling that you are deeply and divinely loved. I wanted to share this feeling. So I asked my Higher Self to deliver it to you, through intention and visualization.

How the connection was created: I now intend that my Higher Self shares this loving feeling of bliss and joy (that I felt during the axiatonal lines connection), with every Higher Self in existence, for each Higher Self and person's highest and greatest good. I intend that when each person says or reads these words (  )... the energy and feeling will be received, by each person from my Higher Self, and their Higher Self ....I intend that this phrase may be repeated, each time each recipient needs to feel, and know, that there is great love for themselves.

Remember to drink water and rest following this connection. Take time to integrate the energies. Your Higher Self will manifest perfectly within you, in the process that is best for your highest and greatest good. You are blessed.

For more information about the Higher Self Joy/Bliss Connection visit https://www.cityofshamballa.net/event/higher-self-joy-bliss-connection

## 20. Planetary Ray Attunements and Cosmic Ray Attunements (28)

**Planetary Ray Attunements**

The Planetary Ray Attunements are inspired by Dr. Joshua David Stone, and the basic attunement procedure has been created by me, but you have to attune to each one of the energies yourself, so that the single energy will come directly from the source.

**The Planetary Rays and the Ascended Masters**

Prior to 1960, this planet for the last 3.1 billion years basically dealt with the seven major rays.

These seven rays are:

1. First ray: power, will and purpose (red)
2. Second ray: love/wisdom (blue)
3. Third ray: active or creative intelligence (yellow)
4. Fourth ray: harmony (emerald green)
5. Fifth ray: concrete science (orange)
6. Sixth ray: abstract idealism and devotion (indigo)
7. Seventh ray: ceremonial order and magic (violet)

Then, in approximately 1970, a most extraordinary event occurred on this planet. There was a special dispensation to this planet of five new rays.

These five new rays are:

8. Eighth ray: higher cleansing ray (seafoam green)
9. Ninth ray: joy, attracting the body of light (blue-green)
10. Tenth ray: anchoring of the body of light, inviting soul merge (pearlescent)
11. Eleventh ray: bridge to the New Age (pink-orange)
12. Twelfth ray: anchoring of the New Age and the Christ consciousness (gold)

The twelve rays are the twelve Planetary Rays that exist on this planet. Each is a stepped down version of the original Cosmic Rays at the Creator levels. This does not mean they are not powerful, on the contrary they are perfectly powerful for all of us here on Earth. Each human being is created from many of these rays, which give us our attributes. Each of us is stronger in some rays and weaker in others. That is why it is important to call on the rays to balance oneself.

If you want personal power, call on the red ray. If you want cleansing, call on the eighth ray. If you are doing scientific work, call on the fifth ray. If you want devotion, call on the sixth ray. If you want transmutation, call on the seventh ray. If you want pure Christ consciousness, call on the twelfth ray. If

you want to attract your body of light, call on the ninth ray. The Ascended Masters have worked with mankind throughout the centuries. Most of the time in the past, the Ascended Masters have worked in the background. Each of the Ascended Masters is a "Chohan" or Master of a particular ray.

**First Ray - Red**

The first ray is an energy of will, power and drive. It is connected with vitality, initiative, and thrust. It breaks down the old and makes way for the new. It is a very dynamic energy. The color of this ray is red. Those upon this ray have a strong personal power, which can be used for good or evil. The first ray people will always come to the front, in whatever line they are working upon. They will be at the head of their professions. They are born leaders. The first ray people who are not tempered by the love/wisdom of the second ray, can be extremely cruel and hard. El Morya is the Chohan of the first ray.

**El Morya**

Master El Morya is the Chohan of the First Ray, connected to the Temple of the Will of God. El Morya was embodied as Abraham, the wise man Melchior, Arthur- king of the Britons, Thomas Beckett, Thomas More, Akbar- greatest of Mogul emperors, and El Morya Khan- the most renowned of the Tibetan mahatmas. El Morya came originally from Mercury and is a member of the White Brotherhood. He works with Archangel Michael and is the Chohan or master of the first ray, which is red and governs power and will, drive, confidence, and strength. He works with rulers, executives, public servants, the military, sports people, and those who are commanders.

**Second Ray - Blue**

The second ray of Love/Wisdom embodies the Divine quality of love, and desire for pure knowledge, and absolute truth. The color it embodies is a deep intense blue. People on this ray are very loving, allowing, considerate, friendly, and responsible. The second ray soul is usually a teacher, or possibly an architect because of this ray's strong conceptual ability. This type of person has great tact and foresight. He or she would make an excellent ambassador, school teacher, or head of college. This type of person has the ability to impress the true view of things on other people, and make them see things as he or she does. This ray type is highly intuitive. The Lord Maitreya and the Buddha are both on the second ray, as are most of the great world teachers. Djwhal Khul is a second ray teacher, as is his teacher, the Master Kuthumi.

**Djwhal Khul**

Master Djwhal Khul, also called "The Tibetan," is a wonderful master who achieved liberation under Master Kuthumi's guidance. He is profoundly learned, knowing more about the seven rays and the spiritual hierarchy, than perhaps any of his peers. He channeled wisdom works to Alice Bailey, a modern leader of the Theosophical Society. With Kuthumi and El Morya, he works diligently for our enlightenment.

Djwhal Khul is known as The Tibetan, who channeled the mighty esoteric works to Alice Bailey. He works under Lord Kuthumi, and is a very learned being, working specifically to help us to move forward into the Golden Age. He is one of the most accessible of the Masters of Shamballa. Also known as Master of the 2nd Ray of Love and Wisdom. He is known to materialize, dematerialize, and bi-locate. He works to balance energies, and make them easily accessible to all. Shortly after leaving the Earth plane in the late 1800's, he began working with El Morya, Kuthumi, and St. Germain to assist them in the research of Helena Blavatsky.

**Master Kuthumi**

Master Kuthumi is the Chohan or master of the second ray, which is deep blue and governs Divine love, wisdom and truth and understanding. He is a member of the Brotherhood of Golden Robe, those who take on the pain of world. He has an etheric retreat at Machu Picchu. In past incarnations he was Pythagoras, bringing in sacred geometry and the music of the spheres. He was the wise man Balthazar, Shah Jahan, and St. Francis of Assisi. He works with Archangel Jophiel, and helps to touch people with wisdom and illumination, tact, foresight, consideration and friendliness. He works particularly with teachers, students, architects, ambassadors, and the artistic. He comes to those who seek knowledge in this time of change.

**Third Ray - Yellow**

The third ray of active intelligence is the ray of the abstract thinker, philosopher, and metaphysician. The people of this ray would be highly imaginative and excellent at higher mathematics. They are idealistic dreamers and theorists. They are able to see every side of a question in a very clear manner. One of the main characteristics is their perseverance. They have an ability to hold on to something, and not let go until completion, even if it should take a whole lifetime. Members of the third department are the organizers of the Spiritual Hierarchy. They are souls both in and out of incarnations who “get things done.” The Chohan of this ray is Serapis Bey.

**Serapis Bey**

Master Serapis Bey is an Ascended Master associated with Luxor in Egypt, who holds open the Temple doors on the etheric level, and is one of the great

teachers of Ascension on the planet. Serapis Bey originally came from Venus and is the Keeper of the White flame. He works with Archangel Chamuel on the ray of compassion and is the only Ascended Master who works with the Seraphim. He has an Ascension seat in Luxor. In past incarnations he was a priest in Atlantis, and was the Pharaoh Akhenaton IV, and also Amenophis. He is the Chohan or master of the third ray, the yellow ray of active, creative intelligence, helping to bring perfection, focus and independence to artists, musicians, peacemakers, philosophers, and metaphysicians. He works to balance and activate artistic beauty, in all areas of life. He helps with personal initiations.

**Fourth Ray - Green**

The fourth ray has been called the "ray of struggle." As with all rays, it has a lower and higher aspect. When this ray is governed by the lower self, then conflict and havoc ensue. When governed by the Higher Self, harmony occurs. The fourth ray is connected with the emotional body, and the solar plexus chakra. It is also very concerned with physical existence. The fourth ray has a very reflective quality which, in a sense, forces one to look at what one hasn't finished, or completed yet. In this sense, it reacts rather like a mirror. The color of this ray is emerald green. This ray is also very connected with the arts. Some of the most beautiful art, music, and sculpture on this planet has been created by people of the higher aspect of this ray. Mozart, Leonardo da Vinci, and Richard Strauss all had a great deal of fourth ray energy. Paul the Venetian is the Chohan of the fourth ray.

**Paul the Venetian**

Master Paul the Venetian was embodied as Paolo Veronese (Paolo Caliari), 1528-1588, an Italian Master Renaissance painter. He broke away from the tradition in religious art, of making the figures of Christ and his apostles, stiff and unreachable. He was a spiritual revolutionary who fought against the forces of anti-Life in the arts, and saw Beauty as the most powerful catalyst for enlightenment. He was an Egyptian master of esoteric architecture, who worked with El Morya (then a master mason), at the time of the building of the pyramids. He was an artist in the Incan empire, who used paints that did not fade. He was the head of cultural affairs in the Government of Atlantis, who, before the sinking of Atlantis, established a Focus of the Liberty Flame in Peru - which gave an impetus to the culture, beauty, and wealth of the Incan civilization.

Also known as: The Venetian Master, The Venetian, and Lord of the Fourth Ray. Chohan of the Fourth Ray (Love, Beauty, Art) Initiation, and balancing of the heart chakra. Helps develop tolerance and love for one another. Ascended: April 19, 1588 from the Chateau de Liberte, in southern France,

after his passing at the age of sixty.

**Fifth Ray - Orange**

The fifth ray of the concrete mind is the ray of science and research. The person of this ray has a keen intellect and likes great accuracy of detail. This ray is connected with the mental body. Many people, at this time in history, are stuck in the mental body, and have not allowed themselves to open to their intuition, and soul body. This is the danger of this ray type. The fifth ray person is extremely truthful, and full of knowledge, and facts. It is the ray of the great chemist, the practical electrician, the first-rate engineer, the great surgeon, or the head of some special technical department. Another one of the qualities in the pattern of the fifth ray, that many people are not aware of, is unconditional love. This is because the fifth ray accesses the higher mental body, which is the realm of the soul. The fifth ray helps in the process of finding balance, and integration within the psyche. The Chohan of the fifth ray is Master Hilarion.

**Master Hilarion**

Master Hilarion is the Chohan of the Fifth Ray, which is orange, the ray of concrete science, knowledge, and research, which is connected to the Temple of Truth. He is helping to bring in the scientific aspect of the New Age. He is particularly teaching us to use our mental powers, and drops seed thoughts of the new technology, and scientific ideas, into receptive minds. He works to help us expand the mind, and bring new consciousness, and spirituality, into all areas of scientific discovery. He stands for accuracy, justice, common sense, and upright attitudes, and works particularly with mathematicians, scientists, inventors, musicians, chemists, electricians, engineers, surgeons, and researchers. He represents the highest galactic confederation of our solar system in Saturn. In a previous incarnation, he was Paul the Apostle. He works with Archangel Raphael.

**Sixth Ray - Indigo**

The sixth ray is the ray of devotion and idealism. The person on this ray is full of religious fervor. Everything is seen as either perfect or intolerable. It is an emotionally-based ray, that is also very connected with the subconscious mind. Its color is indigo. It has the ability to help individuals go beyond a mere Earth-oriented focus. This type of person also needs to have a personal god, or incarnation of a deity, to adore, and devote himself, or herself to. The higher type of person on this ray becomes a saint. The lower, personality-based type of person becomes the worst type of bigot and fanatic. All religious wars and crusades have resulted from the misuse of this ray. Humanity has matured now, and this ray is being replaced by the seventh ray energy on a large scale. The positive side of the sixth ray, in our history,

focused humanity on devoting itself to God, and to become obedient to Him. A lot of the work in the sixth ray department is about uniting the world's religions. The Chohan of the sixth ray is Master Jesus. Lady Nada is the feminine counterpart of Master Jesus.

**Jesus Christ**

Master Jesus, Jesus the Christ - called Christ because of the fullness of manifesting the Christ Self. The "Only Begotten Son of God," Lord and Savior (Savior), Incarnation of the Word, the Universal Christ (the Word Incarnate), Cosmic Christ, World Savior (Savior), World Teacher, Jeshua, the Messiah of Israel, Avatar of the Piscean Age - the example of the Christ Consciousness, that was pictured in that two-thousand year Dispensation, as the World Teacher. Holds the Office for this evolution, of the "Only Begotten Son" - and therefore, the Representative, not only of that Universal Christ, but also of the individual Holy Christ Self.

Responsible for: Ruby Ray, Purple and Gold Ray, Resurrection Flame, Twelve Legions of Angels from the Heart of the Father/Mother God, Angels of Peace, Angels of Love, Angels of the Ruby Ray, Angels of the Purple and Gold Ray, Angels of the Resurrection Flame. Jesus Christ is known as Sananda in the inner planes. He is the Master of the sixth ray, the ray of abstract idealism and devotion, which is indigo. During his incarnation as Jesus, he was a high priest in the Order of Melchizedek, and was over-lighted during His life by Lord Maitreya. He also had lives as Adam, Enoch, Joshua, Elijah, and Joseph of Egypt. He works with Archangel Uriel to bring peace, brotherhood, service, and freedom to people. Many missionaries, lawyers, public servants, social workers, blue collar workers, farmers, and business people are on this ray.

**Lady Nada**

Lady Master Nada - Chohan of the Sixth Ray. "Nada" means "nothing," which refers to her great humility. Lady Nada is connected to the Sacral Chakra. Lady Nada is a beautiful Ascended Master, written about in the first two "green books" of the St. Germain Press: Unveiled Mysteries, and The Magic Presence. She is said to be the twin flame of Jesus. She works on the ray of compassion and is on the Karmic Board. Lady Nada works with mental healing and upliftment. The thousand petaled lotus on her forehead symbolizes enlightenment for the feminine, as well as the masculine, via the mental body. She teaches that intelligence, requires the addition of love, to become wisdom.

**Seventh Ray - Violet**

The seventh ray of ceremonial order and magic is connected to the violet

transmuting flame. The head of the seventh ray department is Saint Germain. This is the ray of the high priest or high priestess, the community organizer, or the court chamberlain. The motto of this type of person is “get all things done decently and in order.” It is Saint Germain, who is in a sense turning the key, which is unlocking the new Golden Age on this planet. He is using his violet transmuting flame, to transform and transmute, trouble spots around the planet.

The seventh ray helps integrate Heaven and Earth, and grounds spirituality into the physical material world. The literary work of the seventh ray person would be remarkable. The seventh ray person delights in ceremony, observances, ritual, processions and shows, reviews of troops and warships, genealogical trees, and rules of precedence. The seventh ray type of person approaches the spiritual path through the observance of rules of practice and ritual, and can easily evoke the help of elemental forces. He or she also very much enjoys the practice of disciplining and ordering, every aspect of his or her life, in service to, and in harmony with God.

**Saint Germain**

Ascended Master Saint Germain's Cosmic Name is "Freedom". He is the Cosmic Father of the people of America. Saint Germain's most recent work with mankind came forth in the 1930's. He worked with Mr. & Mrs. Ballard, to establish the focus on the "I AM" Presence. St. Germain is of the Seventh Ray of Freedom and Transmutation. Archangel Zadkiel and Holy Amethyst are the Archangels of the seventh ray. Elohim Arcturus and Victoria are the Elohim of the seventh ray.

Saint Germain's twin flame is the Ascended Lady Master Portia. Saint Germain is the Lord of the Violet Ray, and on the Path of The Alchemist/ Transformation. Earthly incarnations: Francis Bacon, High Priest on Atlantis, Samuel the Prophet, Alban, Roman Soldier, Teacher of Neoplatonists, Merlin, Roger Bacon, Christopher Columbus, and the Wonderman of Europe. The Count St. Germain, known as the "Wonder Man of Europe" in the 1700's. He looked the same for 100 years, spoke every language, traveled by thought, fed the poor, and worked for peace. He took his body into light (ascended), and now works with humanity, mostly from the lighter realms. Saint Germain is Chohan of the Seventh Ray, the violet ray, of freedom, alchemy, justice, mercy, and transmutation.

He is the sponsor of the United States of America, and the hierarch of the Age of Aquarius, who comes bearing the gift of the violet flame for world change. He tutors, and initiates souls in mastery of the seat-of-the-soul chakra, preparing them to receive the Holy Spirit’s gifts of prophecy, and the working of miracles. Two of his well-known embodiments were Christopher

Columbus and Merlin the magician, a spiritual adept who has unfortunately been mythologized. The Ascended Master Saint Germain teaches that the highest alchemy, is the transformation of one's human consciousness, into the divinity of the Higher Self. He stands ready to assist all souls in this endeavor. He has also said he would release the technology of the Aquarian age, when the nations shall have put behind them the destructive uses of science and religion, to accept the challenge which lies at the heart of both, which is for man to enter his heart, and the nucleus of the atom, and to harness from both the unlimited spiritual and physical resources, to establish the Golden Age.

**The Higher Planetary Rays**

The higher rays are combinations of the first seven rays with a touch of Source Light, or white light, which gives them a luminous quality. All these rays come through our Planetary Logos, Sanat Kumara. Helios, our Solar Logos, directs them to Sanat Kumara, who makes them available to us. The Chohan of the higher rays is Sanat Kumara, the master of all rays.

**Eighth Ray**

Ray number eight is a cleansing ray. It helps clean out those characteristics and qualities, within the self, that one no longer needs, and wants to get rid of. This ray has a violet-green luminosity. It is composed of the fourth ray, the seventh ray, and the fifth ray with a touch of white light, all mixed together. Before bridging in the next ray, which begins to attract the body of Light, it is important that the four-body system be clean and pure. The eighth ray is good for cleansing the subconscious mind. It helps, to raise one to a higher vibration level, and frequency.

**Ninth Ray**

The main quality of the ninth ray is joy. It is also the ray that attracts one's full potentials. It is the ray that begins to attract the body of Light. It also continues the cleansing process, which the eighth ray started so effectively. It is composed of the first ray, the second ray, and white Light. The color of this ray is greenish-blue luminosity. The body of Light is a beautiful, magnetic, transparent, white, luminous, electrical, life-force-filled, rainbow-like robe or body of energy that, ideally, one dons to begin each day. Over time, it becomes integrated as a regular part of one's being. It is the ninth ray that is used to attract the body of Light. It is the tenth ray that allows it to be fully anchored into one's being.

**Tenth Ray**

Fully integrating and anchoring the body of Light is integral to the Ascension process. The tenth ray allows all the changes a person has been seeking to

make, to be locked in. Divinity is truly recognized when one meditates on this ray. It has a pearlescent-colored luminosity. It helps facilitate the soul-merge experience. It helps code the pattern of divinity into the physical body. The tenth ray is a combination of the first, second, and third rays, mixed with white Light. It must be understood here that the Earth as a whole, has a body of Light, also. As each person anchors his or her individual body of Light, this helps the Earth Mother anchor hers.

The tenth ray allows the oneness of self to be experienced and allows the integration of the yin and yang aspects within the self. The opportunity of the tenth ray, is to fully realize the body of Light, while still living in a physical body. In the past, the body of Light has not been accepted on the Earth, and has lived in a higher dimension. A person has to refine, and purify his or her being, or raise his or her vibration, to allow this integration to take place. The body of Light is not the soul itself, but it is the soul level, that contains this aspect of self.

**Eleventh Ray**

This ray continues the process and is a bridge to the New Age. Its color is an orange-pink luminosity. It helps one to get in touch with Divine love/wisdom. It is a combination of the first ray, the seventh ray, the fifth ray, and white Source Light. This ray is used to get to the New Age, to move up to the next level. One can call this ray in, and blanket oneself, or a particular area of the Earth that needs this impulse, to move into the New Age. This ray has one of the most penetrating, yet balanced types of energy matrix. This ray cleans up anything that was missed by the cleansing eighth ray.

**Twelfth Ray**

The twelfth ray is the golden ray of the New Age. This is the ray of anchoring the Christ consciousness on Earth. It is the summit of all the higher rays. The twelfth ray is a combination of all the rays, with a sprinkling of white Light and Christ consciousness. Even though it contains all eleven of the rays, the proportions are not all exactly the same. For example, there is less first ray, than there is second ray. There is also a little less sixth ray, since this ray is now going out of manifestation. The twelfth ray facilitates inner realizations.

If there is confusion about a situation, one can call this ray into consciousness, and into the entire situation, and it will facilitate proper understanding of it. The twelfth ray brings the highest invocation of the New Age. In the New Age, the main focus will be the twelfth ray. It is the highest type of energy made available to the Earth, except for the energy of the Mahatma, the Avatar of Synthesis, which is an even higher frequency. It is good to call on both of them on a regular basis.

**White Light Ray of Shamballa**

This is really a Cosmic Ray, as it emanates from Shamballa. However, I have decided to include it here since it is also sourced from Shamballa, the planetary outpost of the Great White Brotherhood. The Cosmic Ray emanating from here is the pure white light. This is the energy you experience when you sit in the Shamballa Ascension seat of Sanat Kumara and Lord Buddha, which is another very important Ascension seat.

**Sanat Kumara**

Sanat Kumara, also known in the Bible as the "Ancient of Days," by some he is known as the "Lord of the World." Sanat Kumara came ages ago to give assistance to the Earth, when it would have been dissolved otherwise. He offered his own free will to supply the Light required to sustain the Earth, and keep the Earth in the system, until enough of mankind could be raised to a point, where they could carry the responsibility of emitting sufficient Light. Sanat Kumara is also called the "youth of endless summers." From Venus, he has assisted humanity from the lighter realms, perhaps longer than any other master. He has also been the "Planetary Logos" for Earth, its prime overseer. Sanat Kumara is the Planetary Logos, apparently the greatest of the Avatars. He is the Logos of this Universe, and he oversees Ascension initiations in the inner planes. He has an Ascension seat in Shamballa, over Gobi Desert, where you may ask to go in meditation.

For more information about the Planetary Rays visit
https://www.cityofshamballa.net/event/planetary-ray-attunements

**Cosmic Ray Attunements**

The Cosmic Ray Attunements are inspired by Dr. Joshua David Stone, and the basic attunement procedure has been created by me, but you have to attune to each one of the energies yourself, so that the single energy will come directly from the source.

Please take the Planetary Ray Attunements first before you take the Cosmic Ray Attunements.

**The Cosmic Rays and the Great Beings of Light**

There are Cosmic versions of the Planetary Rays. The Cosmic Rays are sourced from the Godhead at the Creator level, and then filtered through each level (cosmic, multi-universal, universal, galactic, solar), and then down to Earth. There is not much information on the Cosmic Rays, since humanity has only been accessing the rays since the late 1990s. The Cosmic Rays are not yet grounded into Mother Earth, as most of humanity is not yet ready for

them. Attuning yourself to the Cosmic Rays is extremely important, to accelerate your personal Ascension process, and that of the entire planet. Each attunement to the Cosmic Rays, grounds the energies into your being, as well as the Earth. When enough of humanity has grounded the Cosmic Rays, they will begin permanently anchoring into the center of Mother Earth, accelerating the beginning of the Golden Age.

Since very little is known about the rays and more about their sources, the background information here will concentrate on the Great Beings of Light, who are the masters of the Cosmic Rays.

**Helios, our Solar Logos**

Helios is the being who embodies the entire solar system, just as Sanat Kumara is the being who embodies the entire Planet Earth. Sanat Kumara and Planet Earth would be a chakra within the body of Helios. Helios is anchored in the Sun and is in charge of the evolution of the entire solar system. Seven Solar Logoi are assisting Helios in the center of our Sun. Helios is the source of the solar ray of copper-gold light.

**Vywamus, the Higher Self of Sanat Kumara**

It was Vywamus who started the Tibetan Foundation with Djwhal Khul. This is a glorious being of Cosmic intelligence. Humanity is lucky to have his guidance so readily available on Earth. Vywamus no longer has a physical body, but exists as Light. He is considered to be a master psychologist. One of Vywamus' main jobs is to help humanity clear the subconscious mind of misconceptions and faulty beliefs, and patterns. Vywamus had thirty-two lifetimes on a physical planet in a universe other than ours. He had lives as a soldier, teacher, mother, father, sea captain, and owner of a chain of restaurants. The planet he ascended on, however, didn't have oceans as vast as Planet Earth has. In his work now, he is still dealing with food of sorts. It might be called spiritual food, the energy of Light. Do call on him for help.

**Adonis, the Cosmic heart of our galaxy**

Adonis is a great and glorious being. He has been Vywamus' teacher, as well as Sanat Kumara's teacher. It was Adonis who ran the school on Venus, to train Planetary Logoi. He is considered the best in the universe at what he does. He embodies the heart focus of the universe. He is the keeper of the Christ Light, within each soul in the universe. He has been holding this position since the Earth came into existence, which is at least eighteen and one half million years ago, and in reality, much longer.

**Melchior, our Galactic Logos**

The spiritual government of this planet and the solar system receives guidance from the center of the galaxy itself. The chief administrator of the galaxy is a Cosmic being known as Melchior. Melchior and his associates have worked for eons through our Solar Logos, Helios, who works through our Planetary Logos, Sanat Kumara. Because of the spiritual acceleration of Planet Earth, the entire galactic sector of Melchior has been mobilized to help Earth in its evolution. Melchior is a Cosmic being who can be attuned to, and he is happy to give his aid and assistance. It is only since Planet Earth has moved into the fourth dimension that the Galactic Core has been so easily accessible. Previous to this, the highest level of attunement that was readily available on a collective level, was the Solar Center and Core. The attunements to the Galactic Masters and Galactic Core, help us heal our separation from the Galactic Center. Melchior is the source of the galactic silver-gold ray of Light.

**Lord of Sirius and Lord of Arcturus, Galactic Logoi**

The Lord of Sirius and Lord of Arcuturus can be considered the Higher Self of Helios, our Solar Logos. Very little information is known about them, except that they reside within our galaxy, and they each have special abilities. The Lord of Sirius is the being responsible for the Higher University of Sirius. The Lord of Sirius is the source of the galactic golden ray, and the energies emanate from the Great White Lodge on Sirius. The Lord of Arcturus is the Ascension master for our galaxy. His Arcturian technologies allow for the integration of high level energies into our bodies.

**Lenduce, the Oversoul of Sanat Kumara**

Lenduce also operates in our galaxy. He is a blue being that is the higher aspect of Vywamus, or the Oversoul of Sanat Kumara.

**Lord Melchizedek, our Universal Logos**

Melchizedek is the great Cosmic being who heads the Melchizedek priesthood as the Eternal Lord of Light, the Sovereign of Light, in charge of organizing the levels of the heavenly world of YHWH (God), for transit into new creation, equal with Metatron and Michael in the resourcing, regenesis and reeducation of worlds, going through the purification of living Light. He is in charge of the heavenly order Brotherhood of Melchizedek, and the spiritual and planetary priesthood of Melchizedek. The Order of Melchizedek is in charge of the consciousness reprogramming, which is necessary to link physical creation, with the externalization of the Divine Hierarchy. It is a royal priesthood, which receives the voice of God, for the sanctification of the people of Light. The re-administration and teaching, affect the mental, emotional, physical, and spiritual states of existence, and consciousness. This priesthood is visible within every generation, as a scattered Brotherhood of

Light. It permeates the tree of life of the human race. The Order of Melchizedek has the anointing power to reawaken, and resurrect, the righteous people of the world, into the Light of the higher worlds. Melchizedek is the source of the purest golden light from the universal core. The Cosmic gold ray is different, than the twelfth ray of gold of the Planetary Rays. The universal golden ray is the highest, and purest golden Light in the entire universe.

**Lord Metatron, Head of the Archangels**

Above the Universal Logos is Metatron. Metatron is an Archangel, who is also at the crown of the tree of life in Kabbalistic teachings. He is referred to in the Keys of Enoch as the "Garment of Shaddai," and is the visible manifestation of the deity of the Father. He is the Almighty Eternal Lord and Divine Voice of the Father, Creator of the outer worlds, teacher and guide to Enoch, and Creator of the Keys of Enoch. Metatron is the creator of the electron. He is the representative of the Source. He helped in building the Great Pyramid of Giza, and placed within it, the purity that goes with that high-vibrational area. He teaches classes on inner planes, especially in the use of Light, within physical manifestation, to raise consciousness. Lord Metatron and Lord Melchizedek are the source for the ten lost Cosmic Rays of the yod spectrum of platinum Light.

**The Mahatma**

The Mahatma, or Avatar of Synthesis, is the great Cosmic being who has been made available to Earth since the Harmonic Convergence of 1987. The Mahatma is the connecting link between us, as incarnated personalities, and the Godhead or Source of all creation. The Mahatma embodies all 352 levels back to the Godhead. The Mahatma also embodies the energy of Melchior (our Galactic Logos), and Adonis (heart focus of the universe). This Cosmic being is really a group consciousness. The Mahatma allows us to build the antahkarana, all the way to the Source itself. There is no energy in the infinite universe of a higher frequency, than the Mahatma's, that is available to Earth at this time. The Mahatma exists at the multi-universal level. The first refracted color in the prism of divinity, at the multi-universal level, is platinum.

**The Cosmic Council of Twelve**

The Council of Twelve are twelve Cosmic beings that literally run God's infinite universe. This is God's leadership and core ashram members. These twelve beings are so infinite and vast "they are almost unfathomable." They exist at the 352nd level of the Godhead. Each of these Cosmic Council of Twelve members is connected to the Cosmic Monad or Oversoul, which all of us come from. All the beings in God's infinite universe emanate from one of

these twelve Cosmic Monads. Each member of the Cosmic Council of Twelve is in charge of one of the Cosmic Rays. The Planetary Rays we deal with at our level, are stepped down hundreds of times from the Cosmic Rays, so the voltage doesn't burn us up. The twelve Cosmic Rays are so refined and rarefied, that they have no color. At this stage, they are translucent and invisible.

**The Source or Godhead Level**

This is the level of God, from which all creation fans out. The color of the first emanation is clear Source Light. It is so pure and refined, that it has no color. It is translucent and invisible.

For more information about the Cosmic Rays visit
https://www.cityofshamballa.net/event/cosmic-ray-attunements

For more attunements and empowerments visit The City of Shamballa network at
https://www.cityofshamballa.net

Peace and Love to All.

## II. Attunements to energy systems

This book contains embedded energies and is meant to be read only by those who are serious about receiving the energies, embarking on the path of Ascension, and using healing energies and Divine protection in their service work. If you are not serious about receiving the energetic connections, then stop reading now. If you accidentally call in the wrong attunement, or do not wish to receive the attunement after reading the words to receive, then say "No, stop not yet" and the delivery will stop. This book, like my other recent books, adheres to the law of free will, respecting your free will and that of others. The attunements will not be received, if you do not wish to receive them.

The following attunements are to be taken in the order they are presented in this book. The purpose of this book is to attune a mass audience to Reiki energies to lift up the world in Love and Light. This book can be seen as an activation call for Lightworkers to wake up, to empower the reader to access Divine energies to assist with the healing of others, situations, and the Earth. To utilize the type of Reiki or other energy system in the book in your healing practices, simply express your intent and then say "(name of system) on!" For example, "I intend to heal this person or situation or the Earth for the highest and greatest good…..Usui Reiki on!" Then let the energy flow from your hands as it heals others, situations, or the Earth.

Each attunement builds on the previous one. Start with Usui Reiki and then move into other advanced modalities.

The attunements and healings within this book are meant to be received at the rate of one per day.

Some systems recommend waiting more than one day between attunements. The recommended waiting times are found in the Introduction to Energy Systems section.

When you receive the attunements, it is recommended you are in a quiet place, lying down, or sitting comfortably. Accept the energies as they arrive, to strengthen the attunement connection. Let the energy flow and enjoy! Most attunements last between 20 minutes and one hour. When the energies finish, the attunement will be complete. Drink water after receiving attunements, to allow the energies to integrate into you smoothly.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

Enjoy!

## 1. Usui Reiki Healing Session (Attunement/Healing # 1)

I have prepared a Usui Reiki Healing Session for you to receive. This will get you used to Reiki energies prior to receiving a Usui Reiki Attunement.

It is my intention that you are healed for your highest and greatest good.

Please drink water and rest following the healing session.

The healing session can be received by reading the words below.

Get comfortable in a place where you will not be distracted, then

Say, "I am now ready to receive Reiki healing prepared for me by Chris Comish."

NOTE If you accidentally call in the wrong attunement or healing, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information visit

https://www.cityofshamballa.net/event/usui-reiki-healing

## 2. Usui Reiki (2-4)

The following attunements are intended to be received at a rate of one per day. Please take the attunements in order.

**Usui Reiki Level One Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive Usui Reiki Level One attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

This attunement introduces to you the ability to use 1 symbol. The Cho Ku Rei (power and protection symbol). Search the internet to learn how to draw the symbol, and about its meaning, then activate, and apply the symbol in your daily life, as you are guided to do so. See the Usui Reiki symbols chapter for pictures of the symbols.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

**Usui Reiki Level Two Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive Usui Reiki Level Two attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

This attunement introduces to you the ability to use 3 symbols. Hon Sha Ze Sho Nen (distance symbol), Sei He Ki (mental and emotional healing symbol), and Cho Ku Rei (power and protection symbol). Search the internet to learn how to draw them, and about their meanings, then activate, and apply them in your daily life, as you are guided to do so. See the Usui Reiki symbols chapter for pictures of the symbols.

You may call in each attunement again, to receive when you are ready, or if

you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

**Usui Reiki Master Level Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive Usui Reiki Master Level attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

This attunement introduces to you the ability to use 4 symbols. Dai Ko Myo (Master symbol), Hon Sha Ze Sho Nen (distance symbol), Sei He Ki (mental and emotional healing symbol), and Cho Ku Rei (power and protection symbol). Search the internet to learn how to draw them, and about their meanings, then activate, and apply them in your daily life, as you are guided to do so. See the Usui Reiki symbols chapter for pictures of the symbols.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about Usui Reiki visit

https://www.cityofshamballa.net/event/usui-reiki

## 3. New Usui Reiki (5-7)

Please take Usui Reiki Attunements before receiving these attunements.

There are three levels and one attunement for each level. Level three is the master attunement level. Please keep at least three days interval between each level. Please take the attunements in order.

**New Usui Reiki Level One Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the New Usui Reiki Level One attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

**New Usui Reiki Level Two Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the New Usui Reiki Level Two attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

**New Usui Reiki Master Level Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the New Usui Reiki Master Level attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about New Usui Reiki visit

https://www.cityofshamballa.net/event/new-usui-reiki-level-123

## 4. Full Spectrum Healing (8)

Please take Usui Reiki Attunements before receiving this attunement.

**Full Spectrum Healing Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Full Spectrum Healing attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about Full Spectrum Healing visit

https://www.cityofshamballa.net/event/full-spectrum-healing

## 5. Lavender Flame Reiki (9)

Please take Usui Reiki Attunements before receiving this attunement.

**Lavender Flame Reiki Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I ask to receive the Lavender Flame Reiki attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about Lavender Flame Reiki visit

https://www.cityofshamballa.net/event/lavender-flame-reiki

## 6. Silver Violet Flame Reiki (10)

Please take Usui Reiki Attunements before receiving this attunement.

**Silver Violet Flame Reiki Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I ask to receive the Silver Violet Flame Reiki attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about Silver Violet Flame Reiki visit

https://www.cityofshamballa.net/event/silver-violet-flame-reiki

## 7. Karuna Ki Reiki (11)

Please take Usui Reiki Attunements before receiving this attunement. Please be a Usui Reiki Master before taking this attunement.

**Karuna Ki Reiki Master Level Attunement**

Karuna Ki and Karuna Ki Do are in no way affiliated with Karuna Reiki®, the International Center for Reiki Studies® or William Rand. Karuna Ki and Karuna Ki Do are in no way affiliated with Tera Mai-Reiki®, or Kathleen Milner.

This attunement is delivered using the Complete Karuna Ki Singular Attunement.

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Karuna Ki Reiki attunement prepared for me by Chris Comish.”

Alternatively, you may say- “Higher Self please attune me to Karuna Ki Reiki.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about Karuna Ki Reiki visit

https://www.cityofshamballa.net/event/karuna-ki

## 8. Kundalini Reiki (12-14)

Please take Usui Reiki Attunements before receiving these attunements.

Please take the Kundalini Reiki 2 attunement two days after the Kundalini Reiki 1 attunement. Please take the Kundalini Reiki 3 attunement seven days after the Kundalini Reiki 2 attunement. Please take the attunements in order.

**Kundalini Reiki Level One Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Kundalini Reiki Level One attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

**Kundalini Reiki Level Two Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Kundalini Reiki Level Two attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

**Kundalini Reiki Level Three Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Kundalini Reiki Level Three attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about Kundalini Reiki visit

https://www.cityofshamballa.net/event/kundalini-reiki

## 9. Imara Reiki (15)

Please take Usui Reiki Attunements before receiving this attunement.

**Imara Reiki Master Level Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive Imara Reiki Master Level attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about Imara Reiki visit

https://www.cityofshamballa.net/event/imara-reiki

## 10. Green Tara Seichim Reiki (16)

Please take Usui Reiki Attunements before receiving this attunement.

**Green Tara Seichim Reiki Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I ask to receive the Green Tara Seichim Reiki attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about Green Tara Seichim Reiki visit

https://www.cityofshamballa.net/event/green-tara-seichim-reiki

## 11. Golden Ray Empowerment (17)

Please take Usui Reiki Attunements before receiving this empowerment.

**Golden Ray Empowerment**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Golden Ray Empowerment prepared for me by Chris Comish.”

Remember to drink water and rest following the empowerment.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about the Golden Ray Empowerment visit

https://www.cityofshamballa.net/event/golden-ray-empowerment

## 12. Gold Reiki (18-20)

Please take the Usui Reiki and Kundalini Reiki attunements before taking the Gold Reiki attunements. It is recommended five days between Gold Reiki attunements. Please take the attunements in order.

**Gold Reiki Level One Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Gold Reiki Level One attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

**Gold Reiki Level Two Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I am now ready to receive the Gold Reiki Level Two attunement

prepared for me by Chris Comish."

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

**Gold Reiki Level Three Attunement**

Get comfortable in a place where you will not be distracted, then

Say, "I am now ready to receive the Gold Reiki Level Three attunement prepared for me by Chris Comish."

Remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about Gold Reiki visit

https://www.cityofshamballa.net/event/gold-reiki

## 13. Essene Healing Session and Activation (21)

The below information contains an Essene Healing Session. According to my understanding, the Essene Healing Session also provides you the ability to pass the Essene Healing energy to others. Read How to Activate your Essene Healing Hands, to learn how to activate your own hands and heal others.

This book is an extension of the video at my YouTube channel OnenessAndLove at https://www.youtube.com/watch?v=oHnZskZSYjc

The original video did not include instructions on how to activate your healing hands following the healing session, but this book does.

I have faith in my Higher Self that this healing session is perfectly received for each recipient's highest and greatest good. I also have faith in my Higher

Self and my spiritual mentor Dr. John F. Gilbert, who I have asked for permission to over-light this process from the other side of the veil, that when the recipient chooses to pass the Essene Healing Session to others, that each recipient's hands are perfectly activated, by following the steps below, in How to Activate your Essene Healing Hands.

Enjoy!

**Essene Healing Session**

Get comfortable in a place where you will not be distracted, then

Say, “I now receive the Essene Healing Hands Session prepared for me by Chris Comish for my highest and greatest good."

Remember to drink water and rest following the healing session.

You may call in the healing session again, to receive when you are ready, or if you would like an energy boost. The healing session can be received by you an unlimited amount of times.

NOTE If you accidentally call in the healing session when you are not ready, simply say "No, stop, not yet" and the healing session delivery will stop. Then call in the healing session when you are ready.

For more information about Essene Healing visit

https://www.cityofshamballa.net/forum/topics/essene-healing-hands

**How to Activate your Essene Healing Hands**

Once you receive an Essene Healing Hands session, it is my intent (along with the support of my Higher Self and Dr. John F. Gilbert on the other side of the veil), that your Healing Hands are activated for your highest and greatest good.

The below information is how to activate your Healing Hands. Pay attention to the Healing Centers of your Hands section, as you activate the energy, to know how to put your hands together, to heal yourself or others for the highest and greatest good. Like Reiki and other energies, the Essene Healing Hands can be used to heal in person or distantly, even healing others on the other side of the world.

The Essene Healing Hands follow the principle of the merger of Yin (Earth and Water elements), with Yang (Fire and Air elements), along with the triangle shape of the hands, when the healing centers of the hands are put together. The triangle is a symbol of the Trinity and is an attractor symbol for Spirit. The Essene Healing Hands combine the 4 elements, with the merger of

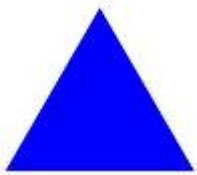
the Feminine and the Masculine (which is the Oneness of Spirit).

This is how to activate Essene Healing Hands, try it, and then beam the energy distantly.

**From Modern Order of the Essenes:**

1. Empower your Essene Healing Hands of Love (first thing in the morning).

a. Draw the blue Triangle of Water on the palm of your left hand.



b. Draw the green Circle of Earth on the palm of your left hand (just visualize a vertical green line drawn from your wrist to palm and then form a clockwise green circle in your hand).

c. Draw the red Triangle of Fire on the palm of your right hand.

d. Draw the yellow Circle of Air on the palm of your right hand.



e. Bring the healing centers of your hands together.

f. Feel the energy build in the healing centers of your hands.

2. Activate your Healing Hands (any time prior to healing).

a. Draw the Triangle of Water and Circle of Earth on your left hand.

b. Draw the Triangle of Fire and Circle of Air on your right hand.

c. Bring your healing centers together.

d. Feel the energy build in the healing centers of your hands.

e. Addition for a Healing Session: If the Essene Healing Hands are being used in person, then allow the energy to flow to the recipient. If the Essene Healing Hands are being used to heal distantly, visualize the Higher Self of the recipient, and visualize, and intend, on beaming the energy to the other recipient. Allow the energy to flow from your hands, to the recipient.

3. De-activate your Healing Hands (any time following healing).

a. Bring your healing centers together at their healing centers.

b. Give thanks to Deity.

c. Clap your hands once, quickly and firmly (without pain).

**Explanation of the Healing Hands Technique**

1. The Healing Centers of your Hand are located at the bottom of the palm where the thumb pad and the heel-of-the-hand come together about an inch above the wrist.

2. Empowering your Healing Hands prior to daily meditation is helpful.

a. It can also be done prior to, with or following your daily devotions.

b. Or with, during or following your daily rituals for spiritual advancement.

c. Or with or following your daily meditation.

d. Or with a simple prayer.

3. Your Healing Hands can be activated any time during the day.

4. When not using your Healing Hands, it's recommended to de-activate them.

a. You can deplete your own energy.

b. In which case, place your healing centers together and empower yourself.

5. Never use your Healing Hands without the permission of the recipient.

6. Permission is implied anytime you send energy for their highest good.

7. Permission is implied for any former or present (friendly) clients.

8. Permission is implied whenever the recipient is incapable of asking.

9. Yes, you may ask plants, animals and minerals for permission.

10. Once the energy starts to flow, it will continue to flow without you.

11. This is not a hands-on technique.

a. Your hands should be a minimum of six inches from your client.

b. Your hands can be half-a-world apart from your client.

12. It can be used as a hands-on technique, but this is not recommended.

For more information about Essene Healing visit

https://www.cityofshamballa.net/forum/topics/essene-healing-hands

## 14. Alpha Omega Healing Session (22)

**Receive Alpha Omega Healing instantly**

You can call in the healing multiple times, on different days, there is no limit to the number of times you can receive healing. Just say the words again. The intent is set for anyone to receive, so you can give others the words to say, and they will be healed. Any recipient in the whole world will be healed perfectly, when they say the words. That is my intention.

The healing session will last up to one hour. You may receive the healing again following the first session. Just say the same words again on a different day. Give the words to your friends and family. They will also receive the healing. During the session, you may have changes in breathing, and various other body reactions to the energy. Understand this is normal. The universe is healing you, just relax and observe. Let the energy do its work. Don't try to guide the energy, it knows exactly where to go and heal you. Trust it. If you fall asleep during the session, do not worry. It is normal.

**Receiving the healing**

Relax. Get in a quiet place where you will not be disturbed.

Say, "I am now ready to receive the Alpha Omega Healing prepared for me by Chris Comish."

Now say again: "I am now ready to receive the Alpha Omega Healing prepared for me by Chris Comish."

Say a third and final time: "I am now ready to receive the Alpha Omega Healing prepared for me by Chris Comish."

You will know when the energy has done its work, and the session is complete.

Please allow up to one hour of undisturbed time to receive the energy.

NOTE If you accidentally call in the wrong attunement or healing, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information visit

https://www.cityofshamballa.net/event/alpha-omega-healing

## 15. Alpha Omega Healer Activation (23)

This is a basic activation of your hands to allow you to heal yourself and others with Alpha Omega Healing energy.

First, please receive at least two Alpha Omega Healing sessions. The sessions are in this chapter. This will allow you to adjust to the new energies.

Then, you may receive the basic activation. This will allow you to heal yourself and others. To receive the activation, get in a quiet place, where you will not be disturbed, for up to one hour.

When you are ready to receive the activation say (mentally or out loud), "I am now ready to receive the Alpha Omega Healer activation attunement prepared for me by Chris Comish."

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

You will feel your hands being activated during the attunement. Please remember to rest and drink water, following the attunement, to help you integrate the energies. You may receive this activation again, when you want, by calling it in again.

During Alpha Omega Healing, it is important not to know what is wrong with an individual, before doing a healing on them, as your mind will most likely try, to consciously or subconsciously, influence the energy, because you may be so determined of the outcome, that your ego may get in the way. It is best to step aside, and let the energy do the work, it knows exactly where to go, and when, and it does so in the order of importance. Healers are channels of the energy, not guides for the energy.

The following sections are methods to heal yourself and others, but they are not the only methods. Use them as guides only. There are infinite possibilities

and methods. Be creative and explore the energies.

**Prepare in person healing of others**

When working with Alpha Omega Healing on others, it's important to relax the shoulders, and open your hands, fingers wide open, stretch them out, and it should feel natural and comfortable, as it affects the energy.

Intend that (  ) be healed, and receives the Alpha Omega Healing energies perfectly, for one hour, regardless of how long the healing is prepared.

Be aware that your intention is to enter into the Alpha Omega Healing energy, for the purpose of healing (  ), and acknowledge it. Intend to bring wholeness to their bodies. Say out loud or mentally, "Alpha Omega Healing on!"

Allow the energy to enter your hands. Feel it getting stronger.

Place the recipient of the healing session between your hands. Beam the energy into the recipient. Let your hands guide you, where to place them over the recipient's body. You do not need to touch the recipient. Feel their essence and their energy field. Let your hands guide you, and pull out, and stretch out, any sticky, or tingly feelings, in their energy field, and balance, and harmonize their field. It is important to have no expectations of the outcome. The energy will flow from your hands, into them. When you feel the energy stop, the session is complete.

**Prepare distant healing of others**

When working with Alpha Omega Healing on others, it's important to relax the shoulders and open hands, fingers wide open, stretch them out, and it should feel natural and comfortable, as it affects the energy.

Intend that (  ) be healed, and receives the Alpha Omega Healing energies perfectly, for one hour, regardless of how long the healing is prepared.

Be aware that your intention is to enter into the Alpha Omega Healing energy, for the purpose of healing (  ), and acknowledge it. Intend to bring wholeness to their bodies. Say out loud or mentally, "Alpha Omega Healing on!"

Sense the Higher Self of the person with you. Sense the Higher Self of the person, lying down on a table in front of you (they can be full body size, or as small as only 2 feet long/61 cm). Intend that this is (  ).

Allow the energy to enter your hands. Feel it getting stronger.

Place the Higher Self of the recipient of the healing session between your hands. Beam the energy into the recipient's Higher Self. Let your hands guide you where to place them, over the recipient's Higher Self. Float your hands over their Higher Self. Feel their essence and their energy field. Let your

hands guide you, and pull out, and stretch out, any sticky, or tingly feelings, in their energy field, and balance, and harmonize their field. It is important to have no expectations of the outcome. The energy will flow from your hands, into their Higher Self, which in turn, flows into their physical body, wherever they are in the world. When you feel the energy stop, the session is complete.

**Prepare self-healing**

Intend that you be healed and receive the Alpha Omega Healing energies perfectly, for one hour, regardless of how long the healing is prepared.

Be aware that your intention is to enter into the Alpha Omega Healing energy, for the purpose of healing yourself, and acknowledge it. Intend to bring wholeness to your bodies. It is important to have no expectations of the outcome. Say out loud or mentally, "Alpha Omega Healing on!"

Allow the energy to enter your hands. Feel it getting stronger.

Place your hands over the place that needs healing. Beam the energy into yourself. When you feel the energy stop, the session is complete.

For more information about Alpha Omega Healer Activation visit

https://www.cityofshamballa.net/event/alpha-omega-healer-activation

## 16. Axiatonal Lines Connection (24)

Please take Usui Reiki Attunements before receiving this Axiatonal Lines Connection Attunement. It is recommended this Axiatonal Lines Connection Attunement be received at least twice, on separate days, to strengthen the connection. You may call in the energy again, when you are ready to receive again. Please remember to drink water and rest, following each attunement.

**Axiatonal Lines Connection**

To receive the attunement say, “I am now ready to receive the axiatonal connection attunement prepared for me by Chris Comish.”

I've set the intention that all who ask to receive attunements from me, receive them perfectly, and instantly, the moment they call them in, regardless if the attunement is received in the past, present or future, and regardless of who the recipient is, regardless of their location, or their time zone.

I also set the intention that the Axiatonal Connection Attunement is received as many times as each recipient wishes to receive it.

That means you can receive the attunement multiple days in a row to strengthen the connection- just say the statement above again.

Please remember to drink water and rest following the attunement.

You may call in each attunement again, to receive when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about the Axiatonal Lines Connection visit

https://www.cityofshamballa.net/event/axiatonal-lines-connection

## 17. Orb of Life (25)

Please take Usui Reiki Attunements before receiving this attunement.

**Orb of Life Attunement**

Get in a relaxed place where you will not be distracted and say the following words:

“I now accept my Orb of Life from Chris Comish.”

Say the words three times.

The Orb of Life will instantly arrive, hovering above your crown chakra. Your Orb of Life will deliver life force energy to you 24 hours a day 7 days a week. Remember to drink water and rest, following the attunement.

Following your attunement, you may call on the Orb of Life to assist you. One example is to say, “Orb of Life, please clear my chakras.”

Be creative, there are no limits to the abilities of the Orb. The energy is intelligent and will flow following your intention.

You may call in each attunement again to receive when you are ready or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

**Creating an Orb of Life to send to another person**

Visualize you are surrounded by life force, that is becoming stronger and stronger, and brighter and brighter. Do this for five minutes.

Say to the life force- “Life force will be generated continuously and you will not fade until I am done with this creation.”

Imagine a soccer size ball of light hovering in front of you.

Start filling the ball with life force, by intending to do so. Visualize the ball getting brighter and brighter in blue color. Do this for 10 minutes, until the ball is full with light and life force.

Say to the ball- “Life force will now be generated continuously and you will never fade or weaken.”

Say- “I ask that this Orb of Life I have created be passed to (name of recipient) when they ask to receive it.”

The recipient says- “I now accept my orb of life from (your name)” and they will receive the orb of life you have prepared.

For more information about the Orb of Life visit

https://www.cityofshamballa.net/event/orb-of-life

## 18. Medicine Buddha Reiki (26)

Please take Usui Reiki Attunements before receiving this attunement.

**Medicine Buddha Reiki Attunement**

Get comfortable in a place where you will not be distracted, then

Say, “I ask to receive the Medicine Buddha Reiki attunement prepared for me by Chris Comish.”

Remember to drink water and rest following the attunement.

You may call in each attunement again to receive, when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about Medicine Buddha Reiki visit

https://www.cityofshamballa.net/event/medicine-buddha-reiki

## 19. Higher Self Joy Bliss Connection (27)

**Higher Self Joy/Bliss Connection**

How to receive: “I now request that my Higher Self manifest within me the most perfect unconditional divine love and that I perfectly feel this feeling to know that I am loved during the next 30 minutes for my highest and greatest good.”

Please remember to drink water and rest following the attunement.

You may call in each attunement again to receive, when you are ready, or if you would like an energy boost. The energy attunements can be received by you an unlimited amount of times.

NOTE If you accidentally call in the wrong attunement, simply say "No, stop, not yet" and the attunement delivery will stop. Then call in the correct attunement when you are ready.

For more information about the Higher Self Joy/Bliss Connection visit

https://www.cityofshamballa.net/event/higher-self-joy-bliss-connection

## 20. Planetary Ray Attunements and Cosmic Ray Attunements (28)

**Planetary Ray Attunements**

Start at the top of the list and then work down the list as far as you can go. Each is an increase in frequency and vibration. Simply visualize the color and you being bathed in the light. Feel the energies. Take at least 10 minutes with each ray. You are welcome to take longer. Calling forth the rays is an important step in the Ascension process, and will allow you to access their qualities, to help balance yourself, and help achieve full self-realization.

When you need to stop, then do so to integrate the energies you can integrate. If you can't tolerate an energy level, don't be discouraged, you can always come back to the attunement later. The cosmos is a very big place and you have plenty of time.

Simply say:

1. El Morya in Shamballa.....I ask for an attunement to the first ray and permanent connection to the first ray and the permanent integration of the first ray and to be permanently able to utilize and access the first ray of power, will and purpose (red color) .....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in red light and integrate the energies.

2. Djwhal Khul and Master Kuthumi in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the second ray of love/wisdom (blue color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in blue light and integrate the energies.

3. Serapis Bey in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the third ray of active or creative intelligence (yellow color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in yellow light and integrate the energies.

4. Paul the Venetian in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the fourth ray of harmony (emerald green color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in emerald green light and integrate the energies.

5. Master Hilarion in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the fifth ray of concrete science (orange color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in orange light and integrate the energies.

6. Master Jesus and Lady Nada in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the sixth ray of abstract idealism and devotion (indigo blue color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in indigo blue light and integrate the energies.

7. Saint Germain in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the seventh ray of ceremonial order and magic (violet color).....stepped down to the level that is best for me at this time for

my highest and greatest good. Take ten minutes to visualize being bathed in violet light and integrate the energies.

8. Sanat Kumara and Lord Buddha in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the eighth ray: higher cleansing ray (sea foam green color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in sea foam green light and integrate the energies.

9. Sanat Kumara and Lord Buddha in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the ninth ray: attracting the body of light (blue green color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in blue green light and integrate the energies.

10. Sanat Kumara and Lord Buddha in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the tenth ray: anchoring the body of light, inviting soul merge (pearlescent color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in pearlescent light and integrate the energies.

11. Sanat Kumara and Lord Buddha in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the eleventh ray: bridge to the New Age (pink orange color)....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in pink orange light and integrate the energies.

12. Sanat Kumara and Lord Buddha in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the twelfth ray: anchoring New Age and Christ consciousness (gold color).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in golden light and integrate the energies.

13. Sanat Kumara and Lord Buddha in Shamballa.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the white light ray from Shamballa Ascension seat (white light color)....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in white Source Light and integrate the energies.

For more information about the Planetary Rays visit

https://www.cityofshamballa.net/event/planetary-ray-attunements

**Cosmic Ray Attunements**

Please take the Planetary Ray Attunements first before you take the Cosmic Ray Attunements.

This is a continuation of the Planetary Ray Attunements. The Cosmic Rays are stronger than the Planetary Rays. The Rays really help you increase your vibration and the amount of Light you hold. Start at the top of the list and then work down the list as far as you can go. Each is an increase in frequency and vibration. Simply visualize the color and you being bathed in the light. Feel the energies. Take at least 10 minutes with each ray. You are welcome to take longer. Calling forth the rays is an important step in the Ascension process, and will allow you to access their qualities, to help balance yourself, and help achieve full self-realization.

When you need to stop, then do so to integrate the energies you can integrate. If you can't tolerate an energy level, don't be discouraged, you can always come back to the attunement later. The cosmos is a very big place and you have plenty of time.

Simply say:

1. Helios and Vesta in the Ascension seat in the Solar core.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the solar ray of copper-gold light.....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in copper gold solar light and integrate the energies.

2. Melchior, Adonis and Vywamus in the Ascension seat in the Galactic core.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the galactic ray of silver-gold light.....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in silver gold galactic light and integrate the energies.

3. Lord of Sirius, Lord of Arcturus and Lenduce in the Ascension seat in the Great White Lodge on Sirius in the Galactic core.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the galactic ray of gold light.....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in golden galactic light and integrate the energies.

4. Lord Melchizedek in the Golden Chamber in the Universal core.....I ask

for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the universal ray of the purest and most refined gold light.....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in pure golden universal light and integrate the energies.

5. Lord Metatron, Lord Melchizedek and the Mahatma beyond the Universal core.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the ten lost Cosmic Rays of the yod spectrum (platinum light).....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in platinum light and integrate the energies.

6. Lord Metatron, Lord Melchizedek and the Mahatma in the Multi-universal core.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the pure platinum ray of light at the multi-universal level.....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in pure platinum multi-universal light and integrate the energies.

7. Cosmic Council of Twelve at the Cosmic level.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the twelve Cosmic Rays of clear Light, translucent and invisible.....stepped down to the level that is best for me at this time for my highest and greatest good. Take ten minutes to visualize being bathed in pure clear, translucent and invisible Light and integrate the energies.

8. God at the Throne of Grace.....I ask for an attunement and permanent connection and the permanent integration and to be permanently able to utilize and access the Godhead level ray of clear, translucent and invisible Light.....stepped down to the level that is best for me at this time for my highest good. Take ten minutes to visualize being bathed in pure clear, translucent and invisible Source Light and integrate the energies.

For more information about the Cosmic Rays visit

https://www.cityofshamballa.net/event/cosmic-ray-attunements

For more attunements and empowerments visit The City of Shamballa network at

https://www.cityofshamballa.net

Peace and Love to All.

## III. How to Attune Others

**I use the word Monad often because it is who you work with after the third Ascension experience (see Dr. Joshua David Stone's Complete Ascension Manual). For those who have not met their Monad, communicate with your Higher Self instead of the Monad.

### Grounding Exercise

Prior to attuning others or healing others it is important to ground yourself. Stand up and shift your weight between your feet. Feel your feet on the ground. Visualize roots from your feet, into the center of the Earth. Next, visualize a brilliant white light above your head. Visualize the white light energy flowing down, from above your head, down your chest, into your hips, and out your legs, into the center of the Earth. Then, bring the white light from the center of the Earth, back up through your feet, and legs, to your hips and chest, and out your head. Then, bring the energy down again, from above your head, back through your body, into the center of the Earth again. You are now cleansed and grounded.

### Before Attuning Others- Create your first Angelic Sphere of Light

In my books, the recipient calls down the attunement from the ethers, when they are ready to receive the attunement. I use a method called angelic spheres of light. I give thanks to my teacher Tami MacDowell, for this wonderful and innovative attunement method.

Creating an angelic sphere of light is a process that will allow you to create a sphere to contain healing, energy, love, light, protection or attunements. This sphere of angelic love and light can be sent to a recipient, and the energy it contains will remain within the sphere, until the recipient calls the sphere and receives it. There are no time constraints, no rushing to be "ready" at a certain time, to receive or send an attunement or energy. Once an angelic sphere of light has been created, it is carried to its intention- it remains with the intended until the intended is prepared to receive it. This allows the intended, to mentally and spiritually prepare, to receive the intention.

### Preparing your first angelic sphere of light

You need only prepare your angelic sphere of light once. Once it is prepared it will remain in your heart chakra. From then on, when you wish to prepare an angelic sphere of light to send energy or an attunement, you need only touch

your heart, and the sphere will respond to your intention and emerge.

Sit comfortably and visualize yourself surrounded by a golden mist. Watch the mist swirl around you. As you watch you begin to make out shapes. They are magnificent; their beauty is like nothing you have seen before. You can hear whispering within the mists. You can barely make out the words. You feel a light touch on your arm, the same on your leg, a whisper of a kiss on your cheek. Your angels have joined you within the beautiful golden mist. You feel much love in the mist.

Bring your palms together in front of you, not quite touching. Sweep them away from each other and then together again, not quite touching. Feel the loving energy that is contained within the span of your palms. Now begin to mold this energy into a sphere. Ask your angels to help with this. Allow your angels to help mold the sphere, using the golden mist. Watch as your angels smooth the sphere into a golden globe. Feel this golden energy sphere you are holding. You can expand it or contract it. It will hold whatever you ask the golden energy sphere to hold.

Ask your angels to position the sphere above your crown chakra. Gather in the energies of the sphere through your crown chakra. Watch as the golden sphere merges with your crown chakra and see the violet colors of the crown chakra merge with the golden hues of the sphere. This is the chakra of knowingness and wisdom. Feel the golden energy sphere swell with knowledge and wisdom.

Bring the sphere down through your brow or third eye chakra. Feel the sphere assuming the indigo color of the brow chakra. Feel the understanding and belief, the clairvoyance of the brow chakra merge with the sphere, and watch the colors swirl and dance.

Gathering the sphere still further, feel the sphere enter your throat chakra. The blue color of the throat chakra is drawn within the sphere now, and you feel the freedom of communication and identity, unite within the golden energy sphere of light.

Feel your angels guiding the sphere into your heart chakra. This is where your angelic sphere of light will reside, after it completes its journey of merging with the 7 chakras. Notice, the green color merging within the sphere. Experience the balance of the heart chakra, 3 chakras above, and 3 chakras below. Within this balance, is love, pure, and unconditional. Take a moment to sit with this love, permeating your being. Feel the love.

Your solar plexus is accepting the sphere now. Yellows mold within the colors contained within. Feel inside this chakra the tides of change. Know that you embrace the change. The raw energy within this chakra will be gathered, and changed, into energy you can mold and use. Watch the colors contained by the golden energy sphere swirl, and then gently merge together.

The sphere is entering your sacral chakra now. This chakra is sometimes called the sacred chakra. Pleasure, sensuality, and uncontained joy, are coursing through the golden energy sphere. Feel the orange of this chakra ignite, and restore any impotence you feel.

As the sphere enters your root chakra, you feel it ground you. This is the chakra that sustains us. As the red of this chakra enters the sphere you feel the power of the root chakra swell, and fill you with self-confidence.

Now feel your angelic sphere of light move again, from the root chakra, back through the sacral chakra, passing through the solar plexus chakra, to the heart chakra. Hold it gently in the heart chakra. Feel the fit of your angelic sphere of light within your heart chakra. Here it will remain. All you need to do to create an angelic sphere of light, is to touch your heart chakra with love. Your angelic sphere of light will come forth immediately, and you can infuse your sphere, with any energy or attunement that you create.

**Script (replace my name with your name):**

**Instant Reiki Healing**

They say, I am now ready to receive Reiki healing prepared for me by Chris Comish.

Set the intention that all who ask to receive Reiki healing, receive it instantly, the moment they ask to receive it. Intend that they receive it perfectly, for 1 hour, regardless of how long the healing is prepared. Ask that your Monad/ Divine beings watch over the Reiki healing, that the Reiki healing is received perfectly the moment the recipient asks to receive it.

I set the intention that I send the Reiki healing to ( )'s Higher Self, through an angelic sphere of light, with the intent that the Reiki healing is received, when ( ) asks for it. I set the intention that the Reiki healing will reach ( ), at the exact moment, ( ) called it in.

I touch my heart center with love, and visualize the sphere coming forth from my heart.

I ask my Monad to be present, to ensure all egos have been removed, and only the highest of energies are present.

I call my guardian angels, and all others that I choose to work with.

I intend that I prepare the Reiki healing I will be sending, and intend that the Reiki energies fill the angelic sphere of light, and that it holds the Reiki healing.

(Prepare distant Reiki healing, imagine sending to their Higher Self).

I intend that they be healed, and receive the Reiki energies perfectly, for one hour, regardless of how long the healing is prepared.

Once the energies stop, focus on the angelic sphere.

Say, I now fill the sphere with the Reiki healing I have just prepared. I ask that my Monad and all Divine beings fill this sphere perfectly with the Reiki healing.

I fill the sides of the sphere with Divine love.

Once the energies finish, breathe into the sphere, and seal it with Divine love. Imagine a white line sealing the Reiki healing into the sphere.

Send it to ( )'s Higher Self, on the wings of the angels (visualize the angels bringing the sphere to their Higher Self). Intend that when ( ) asks for the Reiki healing, it is received by ( ), at the exact moment, ( ) called it in.

**Instant Reiki Attunement**

They say, I am now ready to receive _____ Reiki attunement prepared for me by Chris Comish.

Set the intention that all who ask to receive _____ Reiki attunement, receive it instantly, the moment they ask to receive it. Intend that they receive it perfectly, for 1 hour, regardless of how long the attunement is prepared. Ask that your Monad/Divine beings watch over the ____ Reiki attunement, that the _____ Reiki attunement is received perfectly, the moment the recipient asks to receive it.

Set protective space.

I set the intention that I send the _____ Reiki attunement to ( )'s Higher Self, through an angelic sphere of light, with the intent that the ____ Reiki attunement is received, when ( ) asks for it. I set the intention that the _____ Reiki attunement, will reach ( ), at the exact moment, ( ) called it in.

I touch my heart center with love, and visualize the sphere coming forth from my heart.

I ask my Monad to be present, to ensure all egos have been removed, and only the highest of energies are present.

I call my guardian angels, and all others that I choose to work with.

I intend, that I prepare the _____ Reiki attunement I will be sending, and intend that the _____ Reiki energies fill the angelic sphere of light, and that it holds the _____ Reiki attunement.

I intend, that they receive the Reiki attunement energies perfectly, for one hour, regardless of how long the attunement is prepared.

(Prepare distant Reiki attunement, imagine sending to their Higher Self).

Once the energies stop, focus on the angelic sphere.

Say, I now fill the sphere with the _____ Reiki attunement I have just prepared. I ask that my Monad and all Divine beings fill this sphere perfectly with the _____ Reiki attunement. I fill the sides of the sphere with Divine love.

Once the energies finish, breathe into the sphere, and seal it with Divine love. Imagine a white line sealing the _____ Reiki attunement into the sphere.

Send it to ( )'s Higher Self, on the wings of the angels (visualize the angels bringing the sphere to their Higher Self).

I intend that when ( ), asks for the _____ Reiki attunement, it is received by ( ), at the exact moment, ( ) called it in.

**Embedded Web Page Reiki Attunement**

I set the intention that every person who visits the ( ) home page, in whatever country they are in, receives the Usui Reiki Level I attunement instantly, by viewing the ( ) home page, uplifting their consciousness to the Christ consciousness, if it is for their highest and greatest good, and in accordance with God's Will, and the Divine Plan.

Set the intention that all who view the ( ) home page, whether in the past, present, or future, receive the Usui Reiki Level One attunement instantly, the moment they view the page. Intend that they receive the Usui Reiki Level One attunement perfectly, for 1 hour, regardless of how long the attunement is prepared. Ask that your Monad/Divine beings watch over the Usui Reiki Level One attunement, that the Usui Reiki Level One attunement is received perfectly, and instantly, the moment each recipient, each person, views the ( ) home page.

I set the intention that I prepare the Usui Reiki Level One attunement, attuning the Higher Self that represents the Higher Self of each recipient, each person, who views the ( ) home page, in whatever country they are in.

I ask my Monad to connect me to the Higher Self of each recipient, each person, who views the ( ) homepage, in whatever country they are in. VISUALIZE MILLIONS OF HIGHER SELVES.

I set the intention, that I send the Usui Reiki Level One attunement, to each recipient/each person, that views the ( ) home page's Higher Self, through an angelic sphere of light, with the intent that the Usui Reiki Level One attunement is received perfectly, when each person views the ( ) home page, in whatever country that they are in. The attunement will only be received by those, which have not been attuned already. I set the intention that the Usui

Reiki Level One attunement will reach each recipient/each person, who views the ( ) home page, at the exact moment, each recipient/each person, views the ( ) home page. The attunement will only be received by those, which have not been attuned already. The attunement will be received instantly when they view the ( ) home page, at the exact moment, they view the ( ) home page, if it is for their highest and greatest good, and in accordance with God's Will, and the Divine Plan.

I touch my heart center with love, and visualize the sphere coming forth from my heart.

I ask my Monad to be present, to ensure all egos have been removed, and only the highest of energies are present.

I call my guardian angels, and all others that I choose to work with.

I intend, that I prepare the Usui Reiki Level One attunement I will be sending, and intend that the Usui Reiki Level One energies fill the angelic sphere of light, and that it holds the Usui Reiki Level One attunement.

I intend, that each recipient/each person, who views the ( ) home page (who has not been attuned already), receives the Usui Reiki Level One attunement energies perfectly, for one hour, regardless of how long the attunement is prepared.

Set protective space.

PREPARE USUI REIKI LEVEL ONE ATTUNEMENT, ATTUNING THE HIGHER SELF THAT REPRESENTS THE HIGHER SELF OF EACH RECIPIENT.

Once the energies stop, focus on the angelic sphere.

Say, I now fill the sphere with the Usui Reiki Level One attunement I have just prepared. I ask that my Monad and all Divine beings fill this sphere perfectly with the Usui Reiki Level One attunement. I fill the sides of the sphere with Divine love.

Once the energies finish, breathe into the sphere (from top of sphere to bottom, bottom to top), and seal it with Divine love. Imagine a white line sealing the Usui Reiki Level One attunement into the sphere.

Send it to each recipient's/each person, who views the ( ) homepage Higher Self, on the wings of the angels (visualize the angels bringing the sphere to their Higher Self). VISUALIZE THE MILLIONS OF ANGELS BRINGING MILLIONS OF SPHERES TO EACH OF THE MILLIONS OF HIGHER SELVES.

Intend the attunement to be received only, if they have not been attuned to Usui Reiki Level One previously.

Intend that when (each recipient/each person who views the ( ) homepage), views the ( ) homepage, the Usui Reiki Level One attunement is received instantly, by recipient/each person, who views the ( ) homepage, at the exact time, they view the ( ) homepage.

**Various Reiki Attunements**

**New Usui Reiki 1-2-3**

Imagine or visualize that you are surrounded by life force that is slowly becoming stronger and brighter. Do this for 2-5 minutes.

Ask your Monad to connect to the Higher Self of the person you want to attune. Call upon Master Kuthumi, Lord Melchizedek, your Monad and other great Divine beings for assistance.

Say directly to the accumulated life force- "Life force will be generated continuously and will not fade until I am done with this attunement."

Say mentally or out loud to your Monad, "I ask that (name) in (location) may be attuned to New Usui Reiki Level ( ), the strongest possible the person can handle.

Let the energies flow to their Higher Self.

**Gold Reiki**

Imagine or visualize that you are surrounded by life force that is slowly becoming stronger and brighter. Do this for 2-5 minutes.

Ask your Monad to connect to the Higher Self of the person you want to attune. Call upon Master Kuthumi, Lord Melchizedek, your Monad and other great Divine beings for assistance.

Say directly to the accumulated life force- "Life force will be generated continuously and will not fade until I am done with this attunement."

Say mentally or out loud to your Monad, "I ask that (name) in (location) may be attuned to Gold Reiki Level ( ), the strongest possible the person can handle.

Let the energies flow to their Higher Self.

**Kundalini Reiki**

Imagine or visualize that you are surrounded by life force that is slowly becoming stronger and brighter. Do this for 2-5 minutes.

Ask your Monad to connect to the Higher Self of the person you want to attune. Call upon Master Kuthumi, Lord Melchizedek, your Monad and other great Divine beings for assistance.

Say directly to the accumulated life force- "Life force will be generated continuously and will not fade until I am done with this attunement."

Say mentally or out loud to your Monad, "I ask that (name) in (location) may be attuned to Kundalini Reiki Level ( ), the strongest possible the person can handle.

Let the energies flow to their Higher Self.

**Imara Reiki**

Ask that your Monad connect with the Higher Self of the person being attuned. Have as much personal information about them to help you connect.

Place your hands on your head in position 1 (Spock position, thumbs behind ears, index fingers touching ears), and invoke the energy (say LaHoChi LaHoChi). When you feel it running through you, declare your intent to attune that person. Wait until the energy is coming to a close. Give thanks.

It is recommended they perform a self-treatment before attuning others.

**USUI REIKI ATTUNEMENTS**

The following attunements are the traditional Usui Attunements. This information is sacred.

**USUI REIKI FIRST DEGREE ATTUNEMENT**

**Say I now wish to attune (name) at (location) to Usui Reiki Level I, the strongest possible the person can handle.**

FIRST ATTUNEMENT OF FOUR FIRST DEGREE ATTUNEMENTS

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like

fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

3. Touch the student's left shoulder, signaling them to raise their prayer – clasped hands to the top of their head.

4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the hands and brain.

5. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.

6. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are left-handed, hold them in your right.

2. Draw the Power Symbol in front of the student's third eye; chant the secret name of the Power Symbol three times as you envision it moving into the head, through the third eye.

3. With your right hand, draw the Power Symbol in the air above the hands. Picture the symbol moving into the hands as you chant to yourself the secret name of the Power Symbol three times. Slap the hands gently three times.

4. Bring the student's hands together. Move them in front of the student's heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

## SECOND ATTUNEMENT OF FOUR FIRST DEGREE ATTUNEMENTS

### PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

3. Draw the Distant Symbol over the head, while repeating the secret name of the Distant Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Touch the student's left shoulder, signaling them to raise their prayer – clasped hands to the top of their head.

4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the hands and brain.

5. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.

6. Move to the front of the student.

### PART II

1. Open the student's hands flat, holding them in your left hand, or if you are left-handed, hold them in your right.

2. Draw the Power Symbol in front of the student's Third Eye; chant the secret name of the Power Symbol three times as you envision it moving into the head, through the third eye of the student.

3. Draw the Distant symbol in front of the student's Third Eye, chanting the secret name of the Distant Symbol to yourself three times, while visualizing it moving into the head, through the Third Eye.

4. With your right hand, draw the Power Symbol in the air above the hands.

Picture the symbol moving into the hands as you chant to yourself the secret name of the Power Symbol three times. Slap the hands gently three times.

5. Bring the student's hands together. Move them in front of the student's heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

THIRD ATTUNEMENT OF FOUR FIRST DEGREE ATTUNEMENTS

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

3. Draw the Distant Symbol over the head, while repeating the secret name of the Distant Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Touch the student's left shoulder, signaling them to raise their prayer – clasped hands to the top of their head.

4. Draw the Power Symbol in the air over the hands. Picture the symbol

moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the hands and brain.

5. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.

6. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are left-handed, hold them in your right.

2. Draw the Power Symbol in front of the student's Third Eye; chant the secret name of the Power Symbol three times as you envision it moving into the head, through the third eye.

3. Draw the Distant symbol in front of the student's Third Eye, chanting the secret name of the Distant Symbol to yourself three times, while visualizing it moving into the head, through the Third Eye.

4. With your right hand, draw the Power Symbol in the air above the hands. Visualize the symbol moving into the hands as you chant the secret name of the Power Symbol three times. Slap the hands gently three times.

5. Bring the student's hands together and move them in front of the heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the student's hands.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's Heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase: "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

## FOURTH ATTUNEMENT OF FOUR FIRST DEGREE ATTUNEMENTS

### PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

3. Draw the Distant Symbol over the head, while repeating the secret name of the Distant Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

4. Draw the Mental/Emotional Symbol over the head, while repeating the secret name of the symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

5. Touch the student's left shoulder, signaling them to raise their prayer-clasped hands to the top of their head.

6. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and Brain.

7. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.

8. Move to the front of the student.

### PART II

1. Open the student's hands flat, holding them in your left hand, or if you are left-handed, hold them in your right.

2. Draw the Power Symbol in front of the student's Third Eye; chant the secret name of the Power Symbol three times as you envision it moving into the head, through the Third Eye.

3. Draw the Distant symbol in front of the student's Third Eye, chanting the secret name of the Distant Symbol to yourself three times, while visualizing it

moving into the head, through the Third Eye.

4. Draw the Mental/Emotional Symbol in front of the Third Eye, chanting the secret name of the Power Symbol three times. Slap the hands gently three times.

5. With your right hand, draw the Power Symbol in the air above the hands. Visualize the symbol moving into the hands as you chant the secret name of the Power Symbol three times. Slap the hands gently three times.

6. Bring the student's hands together and move them in front of the heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's Heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase: "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

-END-

**USUI REIKI SECOND DEGREE ATTUNEMENT**

**Say I now wish to attune (name) at (location) to Usui Reiki Level II, the strongest possible the person can handle.**

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Draw the Usui Master Symbol over the head, while repeating the secret

name of the Usui Master Symbol three times to yourself in mantra – like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

3. Touch the student's left shoulder, signaling them to raise their prayer-clasped hands to the top of their head.

4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and Brain.

5. Draw the Mental/Emotional Symbol over the head. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the student's Hands and Brain.

6. Draw the Distant Symbol over the head. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Chant the secret name of the symbol to yourself three times as you place the symbol into the Hands and Brain.

7. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.

8. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are left-handed, hold them in your right.

2. Draw the Usui Master Symbol in front of the student's Third Eye chanting the secret name of the Symbol, three times, as you visualize it moving into the head, through the Third Eye.

3. Draw the Power Symbol in front of the student's Third Eye, chanting the secret name of the Symbol to yourself, three times, as you visualize it moving into the head, through the Third Eye.

4. Draw the Distant Symbol in front of the third Eye, chanting the Secret name of the symbol to yourself, three times, as you visualize it moving into the head, through the Third Eye.

5. Draw the Mental/Emotional Symbol in front of the Third Eye, chanting the secret name of the Symbol to yourself, three times, while visualizing it moving into the head, through the Third Eye.

6. With your right hand, draw the Power Symbol in the air above the hands.

Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands gently three times.

7. With your right hand, draw the Distant Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands gently three times.

8. With your right hand, draw the Mental/Emotional Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands gently three times.

9. Bring the student's hands together and move them in front of the Heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands. Return to back of your student.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's Heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

-END-

**THE USUI REIKI MASTER ATTUNEMENT**

**Say I now wish to attune (name) at (location) to Usui Reiki Master Level, the strongest possible the person can handle.**

PART I

1. Place both hands on the top of the head. Close your eyes, meditating briefly, to gain energetic rapport with the student.

2. Touch the student's left shoulder, signaling them to raise their prayer-clasped hands to the top of their head.

3. Draw the Usui Master Symbol over the head, while repeating the secret name of the Usui Master Symbol three times to yourself in mantra-like fashion. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain.

4. Draw the Power Symbol in the air over the hands. Picture the symbol moving into the hands, down into the Crown Chakra, through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and Brain.

5. Draw the Mental/Emotional Symbol over the head. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Chant the secret name of the Symbol to yourself three times as you place the symbol into the Hands and Brain.

6. Draw the Distant Symbol over the head. Picture the symbol, guiding it with your right hand, and moving it into the Crown Chakra through the head, and lodging in the base of the brain. Chant the secret name of the symbol to yourself three times as you place the symbol into the Hands and Brain.

7. Gently move the student's hands from the top of their head, motioning them back down in front of the Heart.

8. Move to the front of the student.

PART II

1. Open the student's hands flat, holding them in your left hand, or if you are left-handed, hold them in your right.

2. Draw the Usui Master Symbol in front of the student's Third Eye chanting the secret name of the Symbol, three times, as you visualize it moving into the head, through the Third Eye.

3. Draw the Power Symbol in front of the student's Third Eye, chanting the secret name of the Symbol to yourself, three times, as you visualize it moving into the head, through the Third Eye.

4. Draw the Distant Symbol in front of the third Eye, chanting the Secret name of the symbol to yourself, three times, as you visualize it moving into the head, through the Third Eye.

5. Draw the Mental/Emotional Symbol in front of the Third Eye, chanting the secret name of the Symbol to yourself, three times, while visualizing it moving into the head, through the Third Eye.

6. With your right hand draw the Usui Master Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the name to yourself three times. Gently slap the student's hands three times.

7. With your right hand, draw the Power Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands gently three times.

8. With your right hand, draw the Distant Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands gently three times.

9. With your right hand, draw the Mental/Emotional Symbol in the air above the hands. Picture the symbol moving into the hands as you chant the secret name to yourself three times. Slap the hands gently three times.

10. Bring the student's hands together and move them in front of the Heart. Blow over the hands, up to the Third Eye and Crown, and back over the hands to the Solar Plexus, and back to the hands. Return to back of your student.

PART III

1. Place your hands on the student's shoulders and look down through the Crown Chakra, imagining you can see into the Heart Chakra. Place a positive affirmation into the student's Heart by repeating it to yourself three times, intending it to be accepted by the subconscious mind.

2. Bring your hands together, placing your thumbs at the base of the skull. Repeat this phrase; "I now seal this process with Divine Love and Wisdom." while picturing a door with the Power Symbol on it being closed and locked. Intend, will, and feel that the process is sealed and complete, and the student is now connected directly to the Reiki source.

3. Place your palms on the student's shoulders and repeat the affirmation: "We are both blessed by this process", or hold this feeling for several seconds.

4. Move to the front of the student. Ask the student to place their hands palms down on their thighs, breathe deeply and slowly, while opening their eyes.

You may add a final blessing of your own choosing.

-END-

Once the energies stop, focus on the angelic sphere.

Say, I now fill the sphere with the _____ Reiki attunement I have just prepared. I ask that my Monad and all Divine beings fill this sphere perfectly with the _____ Reiki attunement. I fill the sides of the sphere with Divine love.

Once the energies finish, breathe into the sphere and seal it with Divine love. Imagine a white line sealing the _____ Reiki attunement into the sphere.

Send it to ( )'s Higher Self, on the wings of the angels (visualize the angels bringing the sphere to their Higher Self).

Intend that when ( ) asks for the _____ Reiki attunement, it is received by ( ), at the exact moment, ( ) called it in.

**Instant Reiki Empowerment**

They say, I am now ready to receive _____ Reiki empowerment prepared for me by Chris Comish.

Set the intention that all who ask to receive _____ Reiki empowerment, receive it instantly, the moment they ask to receive it. Intend that they receive it perfectly, for 1 hour, regardless of how long the empowerment is prepared. Ask that your Monad/Divine beings watch over the ____ Reiki empowerment, that the _____ Reiki empowerment, is received perfectly, the moment, the recipient asks to receive it.

Set protective space.

I set the intention that I send the _____ Reiki empowerment to ( )'s Higher Self, through an angelic sphere of light, with the intent that the ____ Reiki empowerment, is received, when ( ) asks for it. I set the intention, that the _____ Reiki empowerment, will reach ( ), at the exact moment, ( ) called it in.

I touch my heart center with love, and visualize the sphere coming forth from my heart.

I ask my Monad to be present, to ensure all egos have been removed, and only the highest of energies are present.

I call my guardian angels, and all others that I choose to work with.

I intend, that I prepare the _____ Reiki empowerment I will be sending, and intend that the _____ Reiki energies fill the angelic sphere of light, and that it holds the _____ Reiki empowerment.

(Prepare distant Reiki empowerment, imagine sending to their Higher Self).

I intend, that they receive the Reiki empowerment energies perfectly, for one hour, regardless of how long the empowerment is prepared.

**Golden Ray Empowerment**

Imagine that you are inside the Golden Ray. Do this for 2-3 minutes.

Mentally say, (Name/Location) is now receiving the Golden Ray

Empowerment.

(The empowerment takes about 15 minutes).

Let the energies flow to their Higher Self.

Once the energies stop, focus on the angelic sphere.

Say, I now fill the sphere with the _____ Reiki empowerment I have just prepared. I ask that my Monad and all Divine beings fill this sphere perfectly with the _____ Reiki empowerment. I fill the sides of the sphere with Divine love.

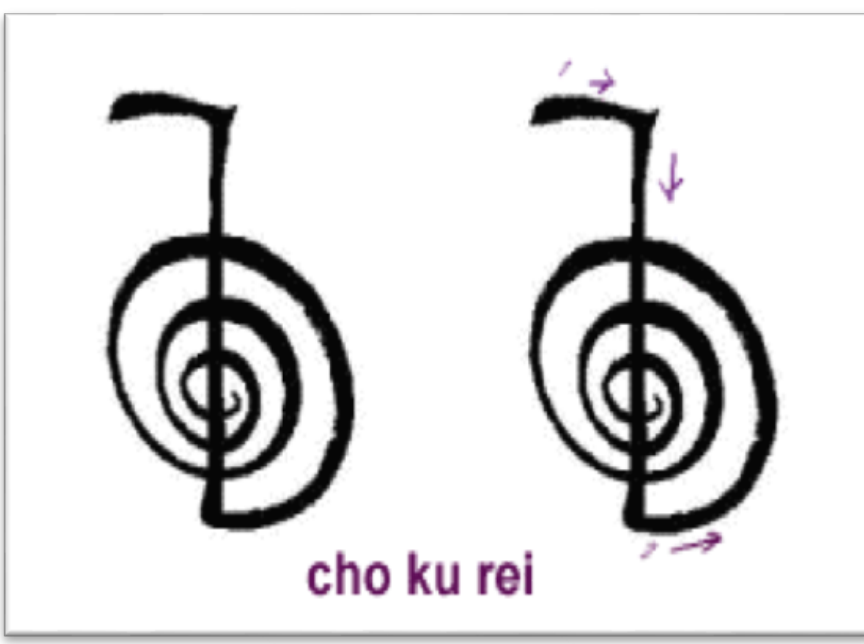
Once the energies finish, breathe into the sphere, and seal it with Divine love. Imagine a white line sealing the _____ Reiki empowerment into the sphere.

Send it to ( )'s Higher Self, on the wings of the angels (visualize the angels bringing the sphere to their Higher Self).

I intend, that when ( ) asks for the _____ Reiki empowerment, it is received by ( ), at the exact moment, ( ) called it in.

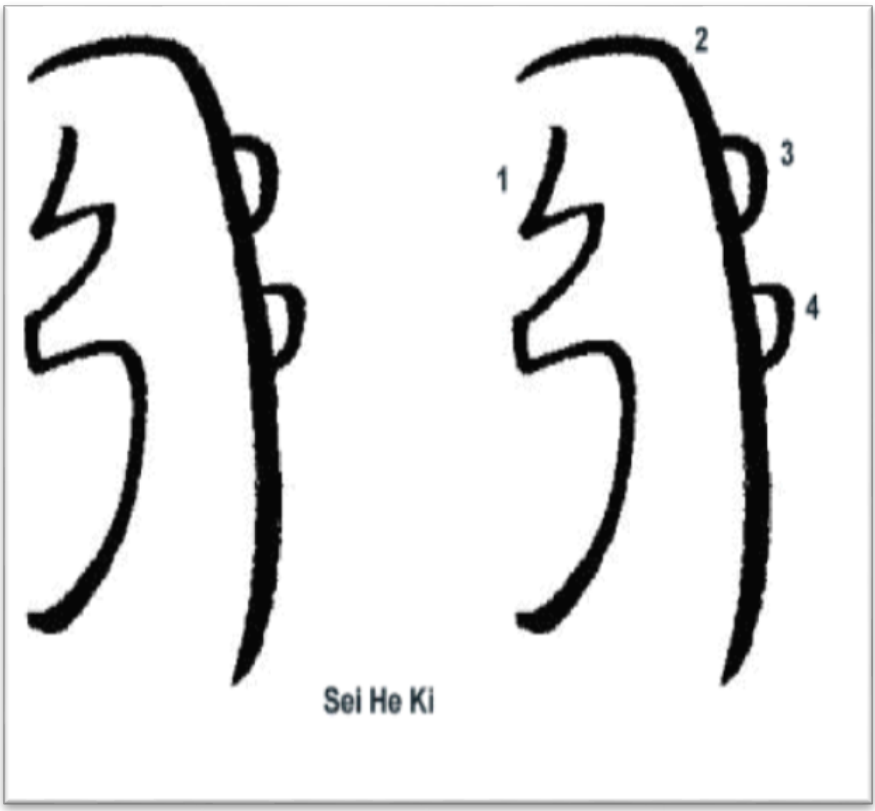
## IV. Reiki Symbols

You can draw the following symbols on your hands or visualize them to activate the symbols.



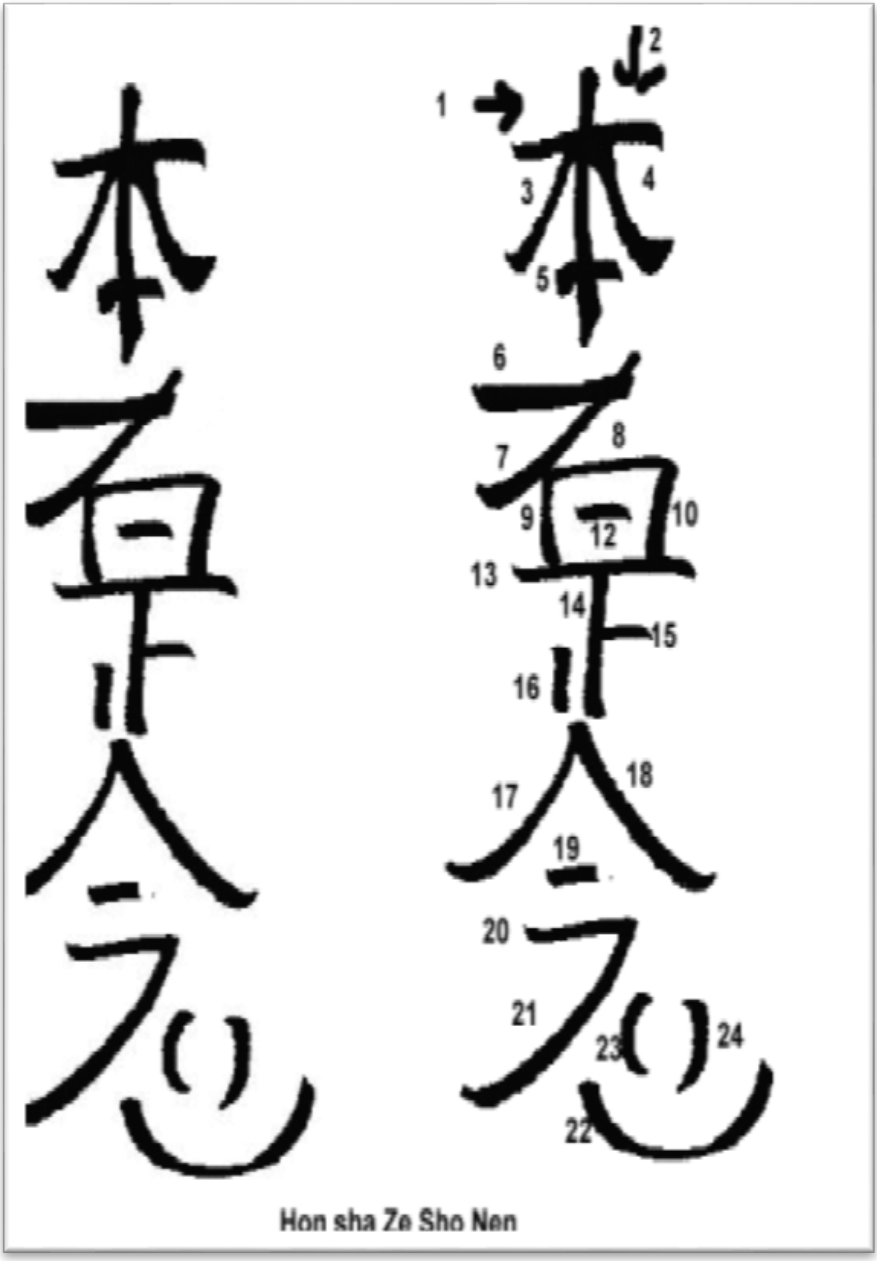
**Usui Reiki Power Symbol (Cho Ku Rei)**

Use for power and protection. I like to add Cho Ku Rei with a triple swirl of blue light of Archangel Michael's protection on all people, cars, and buildings to protect each for their highest and greatest good. You can visualize the symbol mentally over a person or thing, say its name three times, or draw it on your hands to activate the symbol.




**Usui Reiki Mental Emotional Symbol (Sei He Ki)**

Heals mental and emotional levels. You can visualize the symbol mentally over a person or thing, say its name three times, or draw it on your hands to activate the symbol.




**Usui Reiki Distant Symbol (Hon Sha Ze Sho Nen)**

Transfer energy long distance or to heal past or future. You can visualize the symbol mentally over a person or thing, say its name three times, or draw it on your hands to activate the symbol.

**Usui Reiki Master Symbol (Dai Ko Myo)**

Adds power and used in attunements. You can visualize the symbol mentally over a person or thing, say its name three times, or draw it on your hands to activate the symbol.

## V. Prayers and Meditations

This chapter is a collection of prayers and meditations I have used in the past. They are powerful tools to help you connect to the Divinity within.

**The Soul Mantra, from the works of Alice Bailey and Djwhal Khul (say three times)**

I AM the Soul

I AM the Light Divine

I AM Love

I AM Will

I AM Fixed Design

**The Monadic Mantra, from the works of Alice Bailey and Djwhal Khul (say three times)**

I AM the Monad

I AM the Light Divine

I AM Love

I AM Will

I AM Fixed Design

Now as you say each mantra, place your hands on your temples, and create a triangle with your eighth chakra (soul star- above your head), and your two temples. Visualize the triangle in radiant white light. Visualize a radiant star above your head. Watch the star descend into your crown chakra, and slowly move it down, through all chakras, into the center of the Earth. Then, let the white star ascend, from the center of the Earth, back up, through your chakras, back to the soul star, above your head. There may be changes in breathing, and eye flickering, as the portal to the upper planes manifests.

**The Great Invocation, from the works of Alice Bailey and Djwhal Khul**

From the point of Light within the mind of God,

Let Light stream forth into the minds of men.

Let Light descend on Earth.

From the point of Love within the heart of God,

Let Love stream forth into the hearts of men.

May Christ return to Earth.

From the center where the will of God is known,

Let the purpose guide the little wills of men.

The purpose which the masters know and serve.

From the center which we call the race of men,

Let the plan of Love and Light work out,

And may it seal the door where evil dwells,

Let Light and Love and Power restore the plan on Earth.

God's Will be done.

Amen.

**A personal prayer to God**

Thank you God for all blessings love and forgiveness.

I owe my Soul to you.

You saved my life from harm,

And continued to bless me with your Life,

Your Love,

Your Forgiveness.

Be forever by me God,

And I stand forever by you God,

To do Your Divine Will,

For now and Eternity,

In the name of Love,

In the name of God.

Amen.

**The Ultimate Ascension Meditation, from the works of Dr. Joshua David Stone**

Melchizedek, Lenduce, Vywamus, Sanat Kumara, Djwhal Khul, Kuthumi, Lord Maitreya, Arcturians, Metatron, Mahatma:

I (name), hereby call forth a triple Ascension seat activation of the Golden Chamber of Melchizedek, Lenduce's Ashram, and Shamballa in conjunction with the Arcturians and Lord Metatron.

I call forth a full anchoring and activation of the three hundred fifty-two levels of the Mahatma,

all fire letters and key codes,

the Microtron, axiatonal alignment,

brain illumination, Light quotient building, seventh degree activation, teleportation activity, mayavarupa energization, thirty-sixth chakra

actualization in the crown chakra, full antahkarana merger with the Ascension column, chakra balancing and strengthening, physicalization of the twelve strands of DNA, seventh degree completion merger, the twelve Christed universes, the opening of all chakra chambers and facets, Light packets from the Great White Lodge on Sirius,

The anchoring of the Cosmic Heart,

The anchoring of the twelve bodies of Light,

The anchoring of the twelve Cosmic stations,

The opening of the alpha and omega chakras,

The opening of the Ascension chakra,

The merger of the Greater Flame with the lesser flame, And Ascension activation and blessings from the twelve mighty Elohim and twelve mighty Archangels so I may be of greater service.

Amen.

After all the energies are anchored, call forth from your Mighty I AM Presence your double merkabah. Call to your Mighty I AM Presence to spin the inner merkabah to the right and the outer merkabah to spin to the left. Remember to breathe while doing this. Ask that your Mighty I AM Presence spin the merkabahs, to stabilize, and solidify, all the energies you have called forth, and anchored.

Note- Please read Dr. Joshua David Stone's books for more information about The Ultimate Ascension Meditation, as well as many other Ascension Meditations. Some of his books are listed in the Bibliography section of this book.

**About Dr. Joshua David Stone**

Dr. Joshua David Stone, the founder of the I AM University, was one of the most influential Spiritual teachers, leaders and forerunners of our time. He had a Ph.D. in Transpersonal Psychology and was a licensed Marriage, Family and Child Counselor in California, USA. He made his mark in the Consciousness Community as a prolific writer, and introduced inspired ideas such as striving for “integrated full spectrum prism consciousness,” to unfold, and reveal, the fullness of our Divine Potential, and transcending the negative ego mind, as a requirement to realize our Divine Self. He was a pioneer in the field of Spiritual psychology, and authored the concept of integrated Ascension, as well as the noble ideal of striving to become an Integrated Ascended (Enlightened) Master, both terms which he coined, to stress the importance of mastering, and integrating, the Spiritual, psychological, and

physical/Earthly aspects of self, to follow an integrated, and balanced approach to Self-Realization.

Source of Dr. Joshua David Stone's biography:

https://www.iamuniversity.org/author/dr-joshua-david-stone/

**Contacting the Afterlife and Other Realms, my method**

Lie down or sit comfortably. Enter into Reiki energy for the purpose of contacting (name of spirit). You are performing a self-healing and awaiting contact. As the energy raises your vibrations, you will begin to see with your mind's eye. You will see the being or place you asked to connect to. If you contacted a being, they will begin to speak to you telepathically. Ask questions, then write everything down. Using energies you will be able to access up to the Ninth dimension.

**Contacting the Afterlife and Other Realms, my experience using the techniques from the works of Steve Murray**

Not everyone needs to channel the after-life or other realms. Most seek closing or information. Only your heart knows what to do.

ADVICE- only ask to contact a specific person or being that is for your highest and greatest good. Ask that Archangel Michael and your guardian angels or spirit guides, protect you from all harm and ill will during the contact, and help you with understanding the information during the contact. If you follow these words, you will not be harmed, and you will learn something from the contact.

Before you start any spiritual connections, you should open your spiritual portal. You only have to do it once, because after that, you will open and close it each time, during a session, by touching your hand to your forehead.

Allow 10-15 minutes for the process. To open it, get in a meditative state for 5 minutes, then state the following prayer. Then, meditate on the words for another 5 minutes. You will then be attuned, for opening and closing your spiritual portal.

Prayer to open your portal (done only once): "I ask that my spiritual portal be cleared and opened for spiritual connections for my highest good. That this expanding and opening of my spiritual portal, only allows spirits for my highest good to come forth. I ask that I will be guided and protected during my spiritual contact, and have contact only with spirits that I seek for information, and guidance. That I receive this information with clarity and understanding, in a form I can understand. I ask that this spiritual portal be

open each time I touch my forehead with my right hand, before spiritual contact, and for the portal to be closed, when I touch my forehead again with my right hand, after the contact is over. So it is."

Prayer to contact spirits (done every time afterwards): After initial opening of spiritual portal, this can always be done. Get in a meditative state. Intend to contact (name of spirit). Ask your source, God, higher power or whatever your belief, for your protection and wellbeing during the session. Ask for a white or a golden healing light to surround you and fill the room. Ask for wisdom and guidance throughout this session. Ask that this session will only be for your highest good. Touch your forehead with the right hand to open the portal. Await contact. You may feel cool temperature, energy flooding over you, and see something in your mind's eye. This is the contact. Spirits often talk telepathically. Listen and ask questions. When done, give thanks to the spirit. When finished, touch your forehead with the right hand again, to close the contact. Write everything down and ground yourself.

Once contact is made initially, it will be easier to contact the other side again. It will also be easier for them to contact you.

**What proof is there that this works? Here is my experience.**

I was contacted by someone I knew who died in a car crash in 2005. She needed help along her spiritual journey. The contact was via my mind’s eye. More proof to me that we don't really die. Our Earth bodies die, but we move to another realm, accessed via the mind’s eye, and the heart. She appeared in her Earth body shape, but the face was the most clear, the rest was kind of apparition-like. It was a positive contact. My mind always thinks after-life contact is scary, and so does my body, but my heart knows the truth. It was actually a very positive experience, because we had a positive experience in life before she died. It is the same conversation, the same personality, the same memories, just different dimensions. I sent her Reiki to assist her, and the Reiki flowed! Reiki and telepathic contact (prayer/meditation initiate this), both exist in our realm, and the other realms. They are all different vibrations of light. Light exists everywhere in the macrocosm and the microcosm.

When people pass over they only lose their bodies, everything else is intact. If they liked you in life, they like you on the other side. If they didn't like you, they still don't like you (but through forgiveness Higher Powers can intercede and protect you). That is why it is so important to make amends in life, and forgive as much as possible. You can change emotions/thoughts better on Earth. As a body, you are more than just emotions/thoughts. Without a body, that's a lot of what you are.

**Death/Dying purification ritual**

Say "Teyata Om Behekadze Behekadze Maha Behekadze Radza Sammungate Soha," vibrating the mantra three times. Imagine Buddha floating over the crown chakra of the dying or dead person.

Imagine Buddha becoming seven Buddhas floating over their crown. From bottom to top, they are: Buddha of Signs, Sound, Gold, Glory, Ocean, Light, and Medicine.

State each Buddha name seven times and imagine them dropping nectar of purity onto the person. After stating each name seven times, the Buddha dissolves into the Buddha above. The cycle continues until all Buddhas have dissolved and the nectar of purification dissolves into the person.

Imagine Buddha extending hooks from his heart into the person's hara chakra (under belly button). The hooks pull the person into Buddha's heart. Chant the mantra another three times: "Teyata Om Behekadze Behekadze Maha Behekadze Radza Sammungate Soha." This prevents them from being reborn in the lower realms. Give thanks to Buddha.

Then invoke Quan Yin, the Goddess of Compassion to spread compassion on the person. Say, "Namo Quan She Yin Pu'sa" three times. Imagine rays of love emanating from Quan Yin to the person, bathing them in the Love of God. The person is now purified. Give thanks to Quan Yin.

Note: This ritual is adapted from the original Medicine Buddha ritual found in the Medicine Buddha Reiki Manual by Stephen Comee.

## Appendix

### Invocation for the Archangels

I now invoke the mighty Archangel Michael to stand at my right hand side. I ask him to pour courage and strength into me and bring about positive results to my endeavors. I now request that he cut all my negative cords and attachments with his sword. I ask that the deep blue cloak of protection is placed over me so that only that which is of the highest and purest light may enter my aura.

Pause for a moment so that Archangel Michael can complete this work and communicate anything he wishes to.

I now invoke the mighty Archangel Gabriel to stand at my left hand side in his pure white ray. I ask that he pours his pure white energy into my aura and brings me guidance about my next step or my pathway. I ask that the symbols of my life’s mission be illuminated and activated now. Please bring joy, grace, clarity, understanding, generosity and order into my life.

Pause for a moment so that Archangel Gabriel can complete this work and

communicate anything he wishes to.

I now invoke the mighty Archangel Uriel to stand in front of me and fill my aura with his purple and gold ray of wisdom and peace. Help me to soothe all conflict in my life and replace it with serenity, brotherhood and sisterhood. Please break my mental and emotional chains and free me from all my fears.

Pause for a moment so that Archangel Uriel can complete this work and communicate anything he wishes to.

I now invoke the mighty Archangel Raphael of the emerald ray to stand behind me. I ask that he pour healing and abundance into me. I ask for protection on my journeys and that I be impressed with justice, truth and vision.

Pause for a moment so that Archangel Raphael can complete this work and can communicate anything he wishes to.

I now invoke the mighty Archangel Chamuel of the pink ray to expand the flame of love in my heart. Please help me to find compassion and forgiveness for myself and for everyone I have ever harmed knowingly or unknowingly. I ask that my heart be opened at a personal and cosmic level.

Pause for a moment so that Archangel Chamuel can complete this work and can communicate anything he wishes to.

I now invoke the mighty Archangel Jophiel to pour the golden light of wisdom and illumination onto me through my crown center. I ask that his wisdom light up and inspire my mind, helping me to learn and teach at the highest level. I ask that the symbols of wisdom I have accumulated throughout my lifetimes be lit up and activated now.

Pause for a moment so that Archangel Jophiel can complete this work and can communicate with you if he wishes to.

I now invoke the mighty Archangel Zadkiel of the violet ray of mercy, joy and transmutation to pour the violet flame into my aura. I ask for all my negativity to be released and dissolved and replaced with joy, diplomacy and tolerance.

Pause for a moment so that Archangel Zadkiel can complete this work and can communicate with you if he wishes to.

Your aura is now filled with the energy of the Archangels and you are connected to your mighty I AM presence. You are blessed.

A channeled meditation by Diana Cooper.

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## Afterword

Thank you for reading this book. The attunements, connections, and healing sessions in this book are valuable tools to accelerate global awakening, and I wish you much love and happiness throughout your personal awakening process. You are invited to spread knowledge about this book to assist humanity with re-claiming its Divinity.

It is with deepest gratitude to All That Is, that Spirit is able to manifest on Earth, and return to lift all people up, to that which is beyond words. A great thank you to all guides, masters, guardians, angels, and many unnamed, who show the truth, behind the veil of illusion, many people find themselves trapped in. May the illusion of separation be forever vanquished. May Love always guide your way in service of all beings.

Namasté.

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## About the Author

Chris Comish is a Reiki Master / Teacher, White Magician, and Priest in the Order of Melchizedek. He is known as Qan Melchizedek from Shamballa and the Stars of Sirius, Pleiades and Arcturus. He is a member of the Seventh Ray ashram of Saint Germain and the Second Ray Ashram of Masters Kuthumi and Djwhal Khul. His teachers are Saint Germain, Master Kuthumi, Djwhal Khul, Sanat Kumara, the Buddha, Jesus Christ, Quan Yin, the Lord of Sirius, Lord Melchizedek and Archangel Metatron. His protector is Archangel Michael.

Chris Comish is part of the Great Brotherhood of Light/Great White Brotherhood, mentioned by the Ascended Masters in their messages, where Chris convenes with the Brotherhood during meditation.

Qan Dek is his spiritual name which Qan is derived from Quan (Yin) which means compassionate one, and Dek is short for Melchizedek, the guiding spiritual order of the ages.

Chris Comish is here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network.

Author of The Path of Oneness, The Earth Gate, and multiple energy attunements books.

Communicate with Chris Comish, provide feedback on the attunements/ healing sessions, and meet other readers by becoming a member of the City of Shamballa social network at http://www.cityofshamballa.net

Subscribe to Chris Comish's YouTube channel at http://www.youtube.com/ user/OnenessandLove